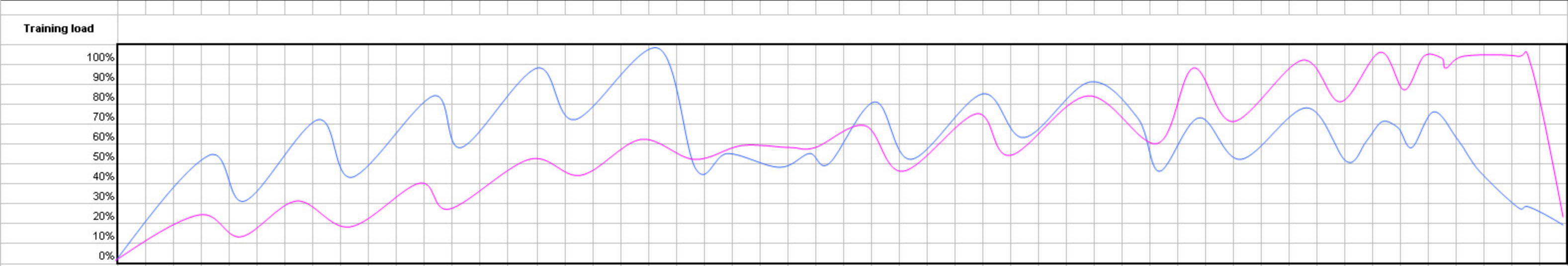


Months	August				September				October				November				December				January				February				March				April				May				June				July																															
Monday	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26																								
Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52																								
Calendar of Competitions and Training Camps																					Indoor Rowing Championships								Scottish Trials								Strathclyde Park Regatta								Ghent International								Scottish Championships								Henley royal Regatta								National Championships				HIF			
Relative Training Load	[Bar chart showing relative training load across 52 weeks]																																																																											
Training Phase	Transition				Preparation																																Competition																																							
	Transition				General Preparation																								Specific Preparation								Pre-competition								Competition																															
Training Type	UT ₂				UT ₂ , UT ₁ , AT & TR																								UT ₁ , AT & TR								TR, Lacate tolerance/clearance & AL								Lacate tolerance/clearance & AL																															

Training Emphasis																																																				
general endurance	[Grid]																																																			
endurance	[Grid]																																																			
speed endurance	[Grid]																																																			
strength endurance	[Grid]																																																			
max boat speed	[Grid]																																																			
cross-training	[Grid]																																																			
streaght development	[Grid]																																																			
hypertrophy	[Grid]																																																			
max strength	[Grid]																																																			
power	[Grid]																																																			
core stability	[Grid]																																																			
flexibility	[Grid]																																																			
taper	[Grid]																																																			
recovery	[Grid]																																																			

Sports Science Support																																																				
nutrition analysis	[Grid]																																																			
technical analysis	[Grid]																																																			
anthropometry	[Grid]																																																			
strength tests	[Grid]																																																			
physiological testing	[Grid]																																																			
5k ergo testing	[Grid]																																																			
2k ergo testing	[Grid]																																																			



Time of year	UT ₂	UT ₁	AT	TR	L	AL	ST
Preparation	56	5.5	4	2	0	0	32.5
Competition	39	23	2.5	7.5	1.5	0.5	26