WINTER TRAINING PLAN
Coastal Rowing / Oarsome Women

Monday	**I**	**A0/A1**	**12-14 km; steady-state row on water or erg**		
Tuesday	**I**	**Bike or run**	**45'- 60' + erg 20' (aerobic)**		
Wednesday	**I**	**A0/A1**	**10 – 12 km followed by**		
	II	**Weightlifting – endurance (30 min) – circuit (5 excercises)***			
Thursday	**I**	**A1/AT**	**5-3-2 km**	**T 20-22-24**	**5' rest time between sets**
Friday	**I**	**A0/A1**	**10-12 km (work on rowing technique on water) +**		
	II	**Weightlifting – strength (pyramid) – warm up + 80%-90% of max.**			
Saturday	**I**	**AT**	**Power strokes 30/10 x 12 x 2 series – rest 4-5'**		
Sunday	**Day-off**				

SPRING TRAINING PLAN
Coastal Rowing / Oarsome Women

Monday	**I**	**A0/A1**	**12-14 km; steady-state row on water**		
Tuesday	**I**	**Weightlifting – endurance (30 min) – circuit (5 excercises)* +**			
		Bike, swim or run 30'- 40'			
Wednesday	**I**	**A0/A1**	**10 – 12 km low intensity rowing**		
Thursday	**I**	**A1/AT**	**5-3-2 km**	**T 22-24-26**	**5' rest time between sets**
Friday	**I**	**Weightlifting – strength (pyramid) – warm up + 80%-90% of max.**			
Saturday	**I**	**AT**	**Power strokes 30/10 x 12 x 2 series – rest 4-5'**		
Sunday	**I**	**A1/AN**	**Warm-up 5 km + 2 x 10 min (system 4-3-2-1)**		
				T 20-22-24-26	

SUMMER TRAINING PLAN
Coastal Rowing / Oarsome Women

Monday	**I**	**A0/A1**	**12-14 km; steady-state row on water**	
Tuesday	**I**	**Bike or run**	**60'**	
Wednesday	**I**	**A0/A1**	**10 – 12 km followed by**	
	II	**Weightlifting – endurance (30 min) – circuit (5 excercises)***		
Thursday	**I**	**A1/AN**	**3 x 7 min**	**system 3-2-1-1** **T 24-26-28-30**
Friday	**I**	**A0/A1**	**10-12 km (work on rowing technique)**	
Saturday	**I**	**AT**	**Power strokes 30/10 x 12 x 2 series – rest 4-5'**	
Sunday	**I**	**A1**	**10 km (5 km warm-up, then do 5x18 strokes at higher cadence (28-32 spm) during next 5 km)**	

AUTUMN TRAINING PLAN
Coastal Rowing / Oarsome Women

Monday	**I**	**A0/A1**	**12-14 km; steady-state row on water**	
Tuesday	**I**	**Bike, swim or run (or even better to mix) 60'**		
Wednesday	**I**	**AT/AN**	**2x2500 m**	**T 1. (24-26) 2.(26-28)**
Thursday	**I**	**A0/A1**	**12-14 km low-intensity rowing**	
Friday	**I** **II**	**Weightlifting – strength (pyramid) – warm up + 80%-90% of max. + bike or run 30'**		
Saturday	**I**	**A1**	**10 km (5 km warm-up, then do 5x18 strokes at higher cadence (28-32 spm) during next 5 km)**	
Sunday	**I**	**AN**	**3 x 7 min**	**(system 3-2-1-1)** **T 22-24-26-28**