

Normal training week- Medium							
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		2x 19mins 4'3'2'1'2'3'4 @ 22/24/26/28/26/ 24/22	10X 1'4' @ 32/18	Bungees 5 x1'/1' on/off X4 18/20/22/24/26 (5mins rest between set)		3x 2kms No staggered starts. Two waves of crews	
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP		AP, AF, EV, RP	
PM	Erg- Group 1 Run- Group 2	Erg- Group 2 Run- Group 3	Spin class @ City fitness	<u>U17/18</u> -Run <u>Novice/U16</u> Land Training Team meeting	U17/18- Erg Erg-Group 3 Run- Group 1		
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes							