Monday 21st	Tuesday 22nd	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
OFF	OFF	1 hour run +Core and stretching	2 x 18min Erg +Core and stretching	1 hour run +Core and stretching	4x10min erg +Core and stretching	30min Erg @24 +Core and stretching
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Saturday 31st
OFF	Erg- Sprint +Core and stretching	1 hour +Core and stretching	2 x 18min Erg +Core and stretching	1 hour Run +Core and stretching	4x15min erg +Core and stretching	1 hour run +Core and stretching
Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
OFF	8KM erg +Core and stretching	OFF	2km prep erg +Core and stretching	light 30min run +Core and stretching	2KM Testing @ 3:30 at school	camp

Notes

- Every workout is to be logged on your own page. Pictures of erg screens also need to loaded, along with screenshots of the run. E.G use "map my run" and screenshot, log this.

- While this may seem like a lot at first, Remember that you are not on the water during this time or doing any other sort of land training.

Ergs

- All ergs must start off with a proper warm up. DO NOT get straight into the work.
- 2x18Mins 1/2/3/2/3/2/3/2 mins @ 26/24/26/24/26/24/26/24 rating (7mins rest between each)
- 4x10 Mins 1/9, 7/3, 5/5, 3/7 minute changes at 22/28 rating
- 30 Min erg at 24
- 4x15 mins 5/5/5 minute changes, ratings 22/24/26 (5mins rest between each)
- 2km prep ergs, use the split page.
- Sprint- 2x1KM (4 mins rest) 2x500m (2mins rest) 4x250 (1.30 min rest)

Running

- Record your distance, use an app like map my run, take a screenshot and upload to your page.

Core

- Everyone will have a good idea of core workouts now. This should take 15mins, core is important in rowing to prevent back injuries, make sure you are logging everything you do.