

Peak Power Workouts

PEAK POWER WORKOUT #1

(Set Drag at 200, Max Pressure, Max rate, FULL Slide strokes only)

1	x	15:00.0	Warm-up				15:00.0
6	x	0:10.0	MAX	with	00:50.0	OFF (stop and sit)	6:00.0
1	x	6:00.0	Technical Paddle, Water, Stretching, Core, etc...				6:00.0
4	x	0:15.0	MAX	with	01:15.0	OFF (stop and sit)	6:00.0
1	x	6:00.0	Technical Paddle, Water, Stretching, Core, etc...				6:00.0
6	x	0:10.0	MAX	with	00:50.0	OFF (stop and sit)	6:00.0
1	x	6:00.0	Technical Paddle, Water, Stretching, Core, etc...				6:00.0
3	x	0:20.0	MAX	with	01:40.0	OFF (stop and sit)	6:00.0
1	x	6:00.0	Technical Paddle, Water, Stretching, Core, etc...				6:00.0
5	x	0:12.0	MAX	with	01:00.0	OFF (stop and sit)	6:00.0
1	x	6:00.0	Stretching				6:00.0
						TOTAL	1:15:00.0

PEAK POWER WORKOUT #2

(Set drag to 115, MAX pressure, Given Rate, FULL Slide only)

1	x	15:00.0	Warm-up				15:00.0
4	x	0:40.0	Max @ Rates 20, 21, 22, 23	with	01:50.0	OFF (stop and sit)	10:00.0
1	x	2:00.0	Technical Paddle, Water, Stretching, Core, etc...				2:00.0
4	x	0:40.0	Max @ Rates 24, 25, 26, 27	with	01:50.0	OFF (stop and sit)	10:00.0
1	x	3:00.0	Technical Paddle, Water, Stretching, Core, etc...				3:00.0
4	x	0:40.0	Max @ Rates 28, 29, 30, 31	with	01:50.0	OFF (stop and sit)	10:00.0
1	x	4:00.0	Technical Paddle, Water, Stretching, Core, etc...				5:00.0
4	x	0:40.0	Max @ Rates 32, 33, 34, 35	with	01:50.0	OFF (stop and sit)	10:00.0
1	x	1:00.0	Technical Paddle, Water, Stretching, Core, etc...				3:00.0
1	x	7:00.0	Stretching				7:00.0
						TOTAL	1:15:00.0

PEAK POWER WORKOUT #3

(Set Drag at 200, Max Pressure, Max rate, FULL Slide strokes only)

After a 15 minute warm-up, set the drag at 200. Divide your weight by 2.2, then multiply by 6 to find your cut-off number. Set the erg on WATTS. Row full slide full pressure until you drop below the cutoff for a single stroke (not counting the first 3 strokes). Paddle lightly until 4 minutes has elapsed. Start each piece on the 4 minute interval. Repeat for 24 minutes total. Rest for 5 minutes off the erg. Repeat for another 24 minute session. Be sure to paddle technically correct during the off time. Following the erg portion of the workout, stretch for 7 minutes. Total practice time approximately 1:15:00.0