

## RECOMMENDED PRE-CAMP WORKOUTS FOR 20 MAY THROUGH 18 JUNE

You will have just completed a very intense racing season and you will need time to allow a little regeneration before you move into the intensity of the camp and the summer racing season. Here is a suggested schedule of workouts - it is best if you can get on the water or on an erg, but alternative land workouts are also supplied. The stroke rates given are for the erg with a setting of 4 (Model C) or better yet a drag factor of 115 - your coach may want to adjust them if you are on the water. **NOTE:** For those of you who will be racing through the Youth Invitational.....take the next week OFF! Then resume your training the week before Camp with Week #3 workouts.

| Saturday<br>& Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--------|---------|-----------|----------|--------|
|----------------------|--------|---------|-----------|----------|--------|

**Week #1:**

|             |   |   |   |   |   |
|-------------|---|---|---|---|---|
| Active Rest | 1 | 2 | 3 | 1 | 2 |
|-------------|---|---|---|---|---|

**Week #2:**

|             |   |   |   |   |   |
|-------------|---|---|---|---|---|
| Active Rest | 1 | 2 | 3 | 1 | 4 |
|-------------|---|---|---|---|---|

**Week #3:**

|             |   |   |   |   |   |
|-------------|---|---|---|---|---|
| Active Rest | 1 | 2 | 3 | 2 | 1 |
|-------------|---|---|---|---|---|

**Active Rest means:**

Take a walk, take a recreational swim or play pick-up soccer with your little sister or brother. A 20-25 minute jog or some stretching is ok too, but it is just to let you enjoy your weekends.

**Warm-up/cool-down: (each workout)**

Make sure you do some light activity (slow jog) light pressure erg for 5-10 minutes then **stretch before** you row or run hard and ensure you cool down and **stretch after** the workout.

**Workout Number 1 - easy steady state (select one of the workouts)\***

- 45 minutes steady state (75-80% pressure)  
(vary rate each 5 min between 16 and 22 SPM)
  
- 2 x 25 minutes steady state (75-80% pressure) w/ 4 min rest  
  
(5 min at 16, 18, 20, 18 and 16 SPM) - 1st piece  
(5 min at 20, 18, 16, 20 and 24 SPM) - 2nd piece
  
- 3 x 15 minutes steady state (75-80% pressure) w/ 4 min rest  
  
(5 min at 16, 18, and 20 SPM) - 1st piece  
(5 min at 20, 18, and 16 SPM) - 2nd piece  
(5 min at 16, 20, and 24 SPM) - 3rd piece

*\*All these workouts can be done running - just maintain easy intensity - 75-80% for a 7 min miler is 8:24 to 8:45 mile*

**Workout Number 2 - high intensity, but short (select one of the workouts)\***

- 3 x (2 x 2:30 min on, 1 min off) @ 30-32 SPM (race pace)
- 5 x 10, 20, 30, 40 stroke pieces (best on the water) @ 30 - 32 SPM
- 2 x 15 min of (1 min on, 30 sec off) @ 30 - 32 SPM

**Running**

- 6 x Hills (you really need a hill that is at least 2 min to 2:30 long to run up)
- 8 x (1/4 mile hard (race pace) walk 1/8 mile)

**Workout Number 3 (select one of the workouts)**

- 3 x 15 min at 26 to 28 SPM (erg setting of 3) 85% pressure
- 4 x 10 min at 28 SPM (erg setting of 3) 85% pressure
- 1 x 20 min @ 26 SPM, 1 x 15 min at 28 SPM, 1 x 10 min @ 30 SPM (erg setting of 3) 85% pressure

*Note: 5 minutes rest between pieces for each workout*

## Running

- 3 x 1.5 miles @ 1.15 x mile pace (e.g. if you run the mile in 7 min you should run a 8:03 pace)
- 1 x 2 mile, 1 x 1.5 mile, and 1 x 1 mile at 1.15 x mile pace

## **Workout Number 4 - Race Pace work (select one of the workouts)**

- 2 x 2000 meters at race pace (30 - 32 SPM) w/ 8 min rest
- 1 x 2000, 1 x 1500, 1 x 1000 meters at race pace (30 - 32 SPM) w/ 6 min rest
- 1 x 8 min, 1 x 6 min, 1 x 4 min at race pace (30 - 32 SPM) w/ 6 min rest

## Running

- 3 x 1 mile race pace w/ 6 min active rest (walk around the track)
- 1 x 1 mile, 1 x 3/4 mile, 1 x 1/2 mile race pace w/ 6 min active rest (walk around the track)
- 1 x 8 min, 1 x 6 min, 1 x 4 min (if you don't have a track - it is still race pace, but can be done on trail without mile markers) - w/ 6 min active rest