

US JUNIOR WOMEN'S NATIONAL TEAM

TYPICAL TRAINING WEEK

Day 1

Erg Session (Steady State workouts)

- ✓ 10,000m
- ✓ 15,000m
- ✓ 2 x 6000m
- ✓ 3 x 20'

Core Strengthening/Endurance Circuit

Day 2

Weight circuit

Day 3

Erg Session (Endurance workouts)

- ✓ 4' on, 1' off (times 4) then 4' off, repeat 3 times @ 22 SPM
- ✓ 3-4 x 2000m (lower rating or building rating)
- ✓ 4 x 10' (building rating)
- ✓ 5 x 5' (race pace)

Core Strengthening/Endurance Circuit

Day 4

Weight circuit

Day 5

Erg Session (Speed workouts)

- ✓ 5-10 x 500m (race pace/goal split)
- ✓ 1' on, 1' off x 12 (then repeat)
- ✓ 10-20 x 250m (race pace/goal split)
- ✓ 20 strokes on, 8-10 off for 10-12 minutes (then repeat)

Core Strengthening/Endurance Circuit

Day 6

Go have fun! Whatever you choose though, it should be for a minimum of one hour.

Northern Climes – Downhill or XC skiing, snowshoeing, swimming at the local Y, etc.

Southern Climes - Go for a run, swimming, rollerblading, etc.

Day 7

REST!