

Day	Session	Targets
<b>Week 1</b>		
Sun		
Mon	6 x 500m / 2min rest	Hard efforts but no higher than 20 strokes per min
Tues		
Wed	15 x 30secs / 90sec rest	
Thu		
Fri	1000m-500-500-500 / 3min rest	Try to row last 500 fastest
Sat		
<b>Week 2</b>		
Sun		
Mon	5 x 650m / 2:30 rest	Hard efforts but no higher than 20 strokes per min
Tues		
Wed	18 x 110m / 80sec rest	
Thu		
Fri	1000m-500-750-500 / 3min rest	Row last 500 fastest
Sat		
<b>Week 3</b>		
Sun		
Mon	12 x 1min / 1min rest	Max effort but no higher than 20 strokes per min
Tues		
Wed	16 x 125m / 80sec rest	Max effort
Thu		
Fri	500m-1200-500-800 / 3min rest	Row last interval fastest
Sat		
<b>Week 4</b>		
Sun		
Mon	5 x 750m / 5min rest	Row last interval faster
Tue		
Wed	3 x 350m / 5min rest	Max effort
Thu		
Fri	5 x 1000m / 3min rest	Hard efforts but no higher than 22 strokes per min
Sat		
<b>Week 5</b>		
Sun		
Mon	15 x 30sec / 90sec rest	Max effort
Tues		
Wed	5000m	No higher than 20-22 strokes per min
Thurs		
Fri	500m-1300-500-700 / 3min rest	Row last interval fastest
Sat		
<b>Week 6</b>		
Sun		
Mon	400m Time-trial	Max effort
Tues		
Wed	10 x 200m / 2min rest	First 5 consistent pace. Last 5 faster on each.
Thu		
Fri	5 x 750m / 3:30 rest	Row last interval faster
Sat		
<b>Week 7</b>		
Sun		
Mon	12 x 1min / 1min rest	No higher than 20-22 strokes per min
Tues		
Wed	25 x 100m / 80sec rest	Max effort, max stroke rate
Thu		
Fri	3 x 1000m / 3min rest	No higher than 20-22 strokes per min
Sat		
<b>Week 8</b>		
Sun		
Mon	15 x 125m / 90sec rest	Max effort, max stroke rate
Tues		
Wed		
Thu	5 x 100m / 2min rest	Practice race starts
Fri		
Sat	Decathlon Competition	
Sun		