



UMRT CHARLES PREP 2020 - COMPETITION PHASE



Competition - Guidelines

-the weekly Anaerobic Threshold workout shifts to a 4K piece, followed by a 3K piece, followed by a 2K piece. Another good workout for a 5K or 6K test prep piece. Rate should be in the 25-30 spm range. Put 7' of rest between each piece. For the 4K' do something like 2K@24 + 1500@26 + 500@28. Pace 5K goal +2-3". For the 3K, 1K@25+1K@27+1K@29 at 5K pace +1". For the 2K piece go 1K@26+500m@26+5m@30 and work at your 5K goal to start, and as the weeks progress, work that faster than your 5K goal. This is a confidence boosting workout. Start slower and build continues to the the philosophy from week to week.

-The Long Interval (LI) workout during this phase 5x3'. Rest: 5' between pieces. Structure the piece to work ratings up over the five weeks like I have done below. Ignore HR some on this workout and go for a faster split. The rates are a little higher on this workout than was 3x2500, so the split should be faster than those workouts (2-4" avg split). It's more important to improve your capacity at a certain rate than to get the rate up. This improves your quality and efficiency at rate. Even during the longer 5K when the split is slower, this is really work at driving the split down (faster) during these workouts. Always push to go faster - the rate percentages are set up for you to succeed. The OPEN pieces should be your fastest, at

4or5x3' LI Rate Structures:	Rate / segment	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5
Week 1:	26-28	2' @26+1' @27	1' @26+2' @27	OPEN (27 min)	2' @27+1' @28	1' @27+2' @28
Week 2:	27-29	2' @27+1' @28	1' @27+2' @28	OPEN (28 min)	2' @28+1' @29	1' @28+2' @29
Week 3:	28-30	2' @28+1' @29	1' @28+2' @29	2' @29+1' @30	OPEN (29 min)	1' @29+2' @30
Week 4:	28-31	1' @28+2' @29	2' @29+1' @30	1' @29+1' @30+1' @31	OPEN (30 min)	
Week 5:	29-31	2' @29+1' @30	1' @29+2' @30	2' @30+1' @31	OPEN (29 min)	
Week 6:	TEST	TEST				

-For the 8x500m. Rest: 4:30. This was a fun workout we did during winter training in 3 person relay teams. I'm only offering some rating and pacing guidelines - otherwise, just go fast! In short this will be much faster than your 5K goal pacing. Were you doing a 2K test, the average for this workout is about 1-2" faster than what you could do for a 2K test. Rate anywhere from Set up a progression for yourself within the workout, and from week to week. Each week work the percentage of rate higher for the higher rates. Negative split the entire workout.

-The SS minutes per week target right now is now 100'-140'. You can play with the amount. This is mainly for aerobic base maintenance right now.

Note: This total includes the AT workout (-36'-40' total).

-At the end of the phase is THE FINAL 5K TEST with a rate range of 26-30 spm. PEAK!

The weekly LI is going to be responsible for pushing your threshold higher, and important to the 5K Test at the end of the phase. LI is more important than SI, if you need to prioritize.

-PLACEMENT OF LI & AT workouts. I put them on Monday and Friday. If you need to shift them around due to your personal schedule keep 2-3 days between them.

Recovery is an important part of training, and as you age that gap is important. Other possibilities: Mon-Thu, Tue-Fri, Sat-Tue, Sat-Wed, Sun-Wed, Sun-Thu

Training Notes

-Ideally you have equal spacing between the workouts. If you do 6 workouts a week then that isn't an issue, but if you are doing 3 or 4 try not to do say 3 workouts on consecutive days and then take four straight days off. 1 on, 1off, 1on, etc is preferable.

-I have set this up by how many workouts you can do per week (3,4,5,6). If you can do only 2 forget about being competitive and a contender for lineups. Even 3 at this stage won't allow you to maintain

-The schedule I have posted is a sample - feel free to shift days around to suit your schedule

-For steady state I leave it to you for rating structure. Keep your rates 15-21 strokes per minute in whatever structure you like.

-HEART RATE TRAINING. Whereas training by split guidance worked fine in college, as you age your Max HR declines. Take 220 and subtract your age and that is close to your current max

Keep your HR between 70% and 80% of that max during your steady state rows. Example: 40 years. Max = 180. SS HR range = 126-144 bpm.

As you get more fit your meters scored per workout should gradually improve. Keeping a log helps see the progress.

-Quality Intensity is key right now. All work that you do needs to be done with intent to perform. Embrace pressure - it is what makes you better.

-Continue to do a core circuit twice a week consisting of planks, crunches, reverse crunches, bridges, side planks, and mountain climbers. Stretch thoroughly as well.

3 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	06-12 Sep	OFF	4K-3K-2K AT	OFF	3x25'SS w 2' rest	OFF	5x3' LI	OFF
WEEK 2:	13-19 Sep	OFF	4K-3K-2K AT	OFF	3x25'SS w 2' rest	OFF	5x3' LI	OFF
WEEK 3:	20-26 Sep	OFF	4K-3K-2K AT	OFF	3x25'SS w 2' rest	OFF	5x3' LI	OFF
WEEK 4:	27 Sep-03 Oct	OFF	4K-3K-2K AT	OFF	3x25'SS w 2' rest	OFF	4x3' LI	OFF
WEEK 5:	04-10 Oct	OFF	4K-3K-2K AT	OFF	4x15'SS w 1.5' rest	OFF	4x3' LI	OFF
WEEK 6:	11-17 Oct	OFF	3K-2K AT	OFF	4x15'SS w 1.5' rest	OFF	5K TEST	OFF

4 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	06-12 Sep	OFF	4K-3K-2K AT	OFF	8x500m	OFF	5x3' LI	3x25'SS w 2' rest
WEEK 2:	13-19 Sep	OFF	4K-3K-2K AT	OFF	8x500m	OFF	5x3' LI	3x25'SS w 2' rest
WEEK 3:	20-26 Sep	OFF	4K-3K-2K AT	OFF	8x500m	OFF	5x3' LI	3x25'SS w 2' rest
WEEK 4:	27 Sep-03 Oct	OFF	4K-3K-2K AT	OFF	8x500m	OFF	4x3' LI	4x15'SS w 1.5' rest
WEEK 5:	04-10 Oct	OFF	4K-3K-2K AT	OFF	8x500m	OFF	4x3' LI	4x15'SS w 1.5' rest
WEEK 6:	11-17 Oct	OFF	3K-2K AT	OFF	4x500m	OFF	5K TEST	OFF

5&6 WORKOUTS PER WEEK

Tack on a few more steady state workouts where you like. You'll obviously do more volume that what I have here.