



MICHIGAN MEN'S ROWING ALUMNI HEAD OF THE CHARLES PREP - OVERVIEW



Date (Sun-Sat)	Week #	Phase	Event	Steady St / Med Inten.	Anaerobic Threshold	Long Interval	Short Interval	Other
29-Mar 4-Apr	1	Base 1		80'-120'~				1-2x core circuit; 2-3x stretching circuit
5-Apr 11-Apr	2	Base 1		80'-120'~				1-2x core circuit; 2-3x stretching circuit
12-Apr 18-Apr	3	Base 1		80'-120'~				1-2x core circuit; 2-3x stretching circuit
19-Apr 25-Apr	4	Base 1		80'-120'~				1-2x core circuit; 2-3x stretching circuit
26-Apr 2-May	5	Base 1	10K TEST	80'-120'~				1-2x core circuit; 2-3x stretching circuit
3-May 9-May	6	Base 2		80'-120'~	1x10Kor40*			1-2x core circuit; 2-3x stretching circuit
10-May 16-May	7	Base 2		80'-120'~	1x10Kor40*			1-2x core circuit; 2-3x stretching circuit
17-May 23-May	8	Base 2		80'-120'~	1x10K			1-2x core circuit; 2-3x stretching circuit
24-May 30-May	9	Base 2		100'-140'~	1x10K			1-2x core circuit; 2-3x stretching circuit
31-May 6-Jun	10	Base 2	10K TEST	100'-140'~				1-2x core circuit; 2-3x stretching circuit
7-Jun 13-Jun	11	Transition		100'-140'~	2x5K	3x10'		1-2x core circuit; 2-3x stretching circuit
14-Jun 20-Jun	12	Transition		100'-140'~	2x5K	3x10'		1-2x core circuit; 2-3x stretching circuit
21-Jun 27-Jun	13	Transition		120'-160'~	2x5K	3x10'		1-2x core circuit; 2-3x stretching circuit
28-Jun 4-Jul	14	Transition		120'-160'~	2x5K	3x10'		1-2x core circuit; 2-3x stretching circuit
5-Jul 11-Jul	15	Spec Prep 1		120'-160'~	3x12'	3x2500m		1-2x core circuit; 2-3x stretching circuit
12-Jul 18-Jul	16	Spec Prep 1		120'-160'~	3x12'	3x2500m		1-2x core circuit; 2-3x stretching circuit
19-Jul 25-Jul	17	Spec Prep 1		120'-180'~	3x12'	3x2500m		1-2x core circuit; 2-3x stretching circuit
26-Jul 1-Aug	18	Spec Prep 1		120'-180'~	3x12'	3x2500m		1-2x core circuit; 2-3x stretching circuit
2-Aug 8-Aug	19	Spec Prep 2		120'-180'~	2x4K + 1x2K	4x5'		1-2x core circuit; 2-3x stretching circuit
9-Aug 15-Aug	20	Spec Prep 2		120'-180'~	2x4K + 1x2K	4x5'		1-2x core circuit; 2-3x stretching circuit
16-Aug 22-Aug	21	Spec Prep 2		150'-200'	2x4K + 1x2K	4x5'	5x750m	1-2x core circuit; 2-3x stretching circuit
23-Aug 29-Aug	22	Spec Prep 2		150'-200'	2x4K + 1x2K	4x5'	5x750m	1-2x core circuit; 2-3x stretching circuit
30-Aug 5-Sep	23	Spec Prep 2	5K SELECTION TEST	130'-170'				1-2x core circuit; 2-3x stretching circuit
6-Sep 12-Sep	24	Competition		100'-140'	1x4K + 1x3K + 1x2K	5x3'	8x500m	1-2x core circuit; 2-3x stretching circuit
13-Sep 19-Sep	25	Competition		100'-140'	1x4K + 1x3K + 1x2K	5x3'	8x500m	1-2x core circuit; 2-3x stretching circuit
20-Sep 26-Sep	26	Competition		100'-140'	1x4K + 1x3K + 1x2K	5x3'	8x500m	1-2x core circuit; 2-3x stretching circuit
27-Sep 3-Oct	27	Competition	5K TEST	80'-120'		4x3'		1-2x core circuit; 2-3x stretching circuit
4-Oct 10-Oct	28	Competition		60'-100'	1x4K + 1x3K + 1x2K	4x3'	8x500m	1-2x core circuit; 2-3x stretching circuit
11-Oct 17-Oct	29	Competition	HOCR	60'-100'	1x3K + 1x2K			1-2x core circuit; 2-3x stretching circuit

Notations

~Feel free to do more if you can

*whichever is longer

NOTES

- With each phase will come a detail of the phase, with guidelines for workout placement, and what to do depending on how many workouts you can do each week
- That phase detail will also include rating and pacing guidelines on piece by piece and workout to workout
- This program was designed for a masters age alum with some kids and limited time to get training done so they don't embarrass themselves at the Head of the Charles.
- "Something is better than nothing" Always keep that in mind. If your personal schedule is crazy at times, just remember that quote and find a way to do SOMETHING.