



UMRT CHARLES PREP 2020 - BASE 1 PHASE



BASE 1 - Guidelines

-Entirely Steady State

-The minutes per week right now is 80'-120'. You can play with the amount. This is a minimal amount right now. Try and up it gradually over this 5 week phase.

-At the end of the phase is a 10K test with a rate range of 22-26 for the first 8K, and 28 rate cap the last 2K.

-figure out a methodology to place the amount of each workout based on how many workouts you can do that week.

le, you are up to 120' of SS for the week and do four workouts. Doing 4 workouts at 30' a piece would get you there.

-Ideally you have equal spacing of 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.

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

-Since this is all steady state I am going to 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.

-Advice on patience. While this phase lacks intensity, it will gradually build over the summer and the intensity will increase as well. You'll get there. Don't rush the process.

3 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	29 Mar-04 Apr	OFF	2x10'SS w 1' rest	OFF	2x15'SS w 1.5' rest	OFF	2x15'SS w 1.5' rest	OFF
WEEK 2:	05-11 Apr	OFF	2x15'SS w 1.5' rest	OFF	2x15'SS w 1.5' rest	OFF	2x15'SS w 1.5' rest	OFF
WEEK 3:	11-17 Apr	OFF	2x20'SS w 2' rest	OFF	2x15'SS w 1.5' rest	OFF	2x15'SS w 1.5' rest	OFF
WEEK 4:	17-23 Apr	OFF	2x20'SS w 2' rest	OFF	2x15'SS w 1.5' rest	OFF	2x20'SS w 2' rest	OFF
WEEK 5:	24 Apr-02 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K TEST	OFF

4 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	29 Mar-04 Apr	OFF	2x10'SS w 1' rest	OFF	2x15'SS w 1.5' rest	OFF	30' Med Int *	2x15'SS w 1.5' rest
WEEK 2:	05-11 Apr	OFF	2x15'SS w 1.5' rest	OFF	2x15'SS w 1.5' rest	OFF	30' Med Int *	2x15'SS w 1.5' rest
WEEK 3:	11-17 Apr	OFF	2x20'SS w 2' rest	OFF	2x15'SS w 1.5' rest	OFF	30' Med Int *	2x15'SS w 1.5' rest
WEEK 4:	17-23 Apr	OFF	2x20'SS w 2' rest	OFF	2x15'SS w 1.5' rest	OFF	30' Med Int *	2x15'SS w 1.5' rest
WEEK 5:	24 Apr-02 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K TEST	2x15'SS w 1.5' rest

* For 30' MI go 4'+3'+2'+1'@18/20/22/24 three times. A bit harder than SS, HR up over 85% by end

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.