



# UMRT CHARLES PREP 2020 - BASE 2 PHASE



## BASE 2 - Guidelines

- We introduce a workout each week that is a little more intense in the form of a 10K or 40' continuous piece with some rates into the mid-20s. Guys who rowed on teams I coached would recognize this as Medium Intensity or "MI". Doing at 10K at a 2:00/500 split will be 40'. Do whatever will be shorter for you to make it more intense. For 40' MI go 4'+3'+2'+1' @ 18/20/22/24 four times. A bit harder than SS, HR up over 85% of your max by end. For 10K MI go 1K+750m+500m+250m @ 18/20/22/24 four times consecutive. This workout can be a weekly measurement of improvement - try and improve from week to week. Ignore HR some on this workout and go for a faster split.
- The minutes per week right now is still 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. This includes the MI workout. If you aren't there yet don't worry - work towards getting there.
- 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. We will try and improve on the 10K we did at the end of the Base 1 phase using the same format.
- figure out a methodology to place the amount of each workout based on how many workouts you can do that week. For example, 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.

## 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.
- The schedule I have posted is a sample - feel free to shift days around to suit your schedule
- Since this is mostly 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.
- Maintain patience. While this phase still lacks some intensity, it will gradually build over the summer and the intensity will increase as well. You'll get there. Don't rush the process.
- 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:	03-09 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	OFF
WEEK 2:	10-16 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	OFF
WEEK 3:	17-23 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	OFF
WEEK 4:	24-30 May	OFF	3x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	OFF
WEEK 5:	31 May-06 Jun	OFF	3x20'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:	03-09 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	2x15'SS w 1.5' rest
WEEK 2:	10-16 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	2x15'SS w 1.5' rest
WEEK 3:	17-23 May	OFF	2x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	2x15'SS w 1.5' rest
WEEK 4:	24-30 May	OFF	3x20'SS w 2' rest	OFF	2x20'SS w 2' rest	OFF	10K or 40' MI	2x15'SS w 1.5' rest
WEEK 5:	31 May-06 Jun	OFF	3x20'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 than what I have here.