



UMRT CHARLES PREP 2020 - TRANSITION PHASE



Transition - Guidelines

- the weekly intense workout shifts from the 10K/40' continuous piece to 2x5K Anaerobic Threshold (AT). Guys who rowed on teams I coached would recognize this as somewhat like 2x6K, but not quite as intense due to the rate is down in the 22-25 spm range right now through this phase. For 2x5K do something like 2K @22 + 2K @24 + 1K @25. Play with these durations through the phase by tweaking rates up over time. Start low and build.
- There is also a Long Interval (LI) workout added, to further the development. During this phase that is 3x10'. Structure the piece to work ratings up over the four weeks. 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.

3x10' LI Rate Structures:	Rate / segment	Piece 1	Piece 2	Piece 3
Week 1:	20-22-24-26	4'+3'+2'+1'	3'+3'+2'+2'	2'+3'+3'+2'
Week 2:	20-22-24-26	3'+3'+2'+2'	2'+3'+3'+2'	2'+2'+3'+3'
Week 3:	20-22-24-26	2'+3'+3'+2'	2'+2'+3'+3'	1'+2'+3'+4'
Week 4:	20-22-24-26	2'+2'+3'+3'	1'+2'+3'+4'	OPEN

- The SS minutes per week right now is now 100'-160'. You can play with the amount. This is a minimal amount right now. Try and up it gradually over this 4 week phase. Note: This total includes the 2x5K AT workout. For many of you the 5K will take in the 17-22' range per piece. Two pieces like that will be 34-44'.
- At the end of the phase is a **2x5K TEST** with a rate range of 22-26 spm. We definitely want this to be faster than the 10K we did at the end of the Base 2 phase using similar rates. A nice jump should be made. Also note that this is a bit of a preview for the selection 5K test, which is about 8-10 weeks away.
- 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.
- 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.
- 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.
- We enter the heart of the training now. Intensity has been added and 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:	07-13 Jun	OFF	3x10' LI	OFF	3x20'SS w 2' rest	OFF	2x5K	OFF
WEEK 2:	14-20 Jun	OFF	3x10' LI	OFF	3x20'SS w 2' rest	OFF	2x5K	OFF
WEEK 3:	21-27 Jun	OFF	3x10' LI	OFF	3x20'SS w 2' rest	OFF	2x5K	OFF
WEEK 4:	28 Jun - 04 Jul	OFF	3x10' LI	OFF	3x20'SS w 2' rest	OFF	2x5K	OFF

4 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	07-13 Jun	OFF	3x10' LI	OFF	2x20'SS w 2' rest	OFF	2x5K	3x15'SS w 1.5' rest
WEEK 2:	14-20 Jun	OFF	3x10' LI	OFF	2x20'SS w 2' rest	OFF	2x5K	3x15'SS w 1.5' rest
WEEK 3:	21-27 Jun	OFF	3x10' LI	OFF	2x20'SS w 2' rest	OFF	2x5K	3x15'SS w 1.5' rest
WEEK 4:	28 Jun - 04 Jul	OFF	3x10' LI	OFF	2x20'SS w 2' rest	OFF	2x5K TEST	3x15'SS w 1.5' rest

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.