

WESTDALE ROWING TRAINING PLAN (MAY/JUNE)

Prepared by Alessandra Gage

GENERAL NOTES:

**Practice Location & Times:** Practice locations & times are listed beside the date.

**Bad Water Days:** AM ATHLETES - Women split into two groups. Men stay as one group of 9. PM ATHLETES: Train as one group of 8. Those attending PM practice as a secondary session, you will be given a different workout than in the morning & will be in your own group. **We have LBC ergs on Tuesday mornings, and the Weight Room/Tank on Wednesdays.**

**Water Practices:** 5:15am arrival (prepare 1 coach boat for men, 1 for women); hands-on boats @5:30am; launched & waiting just past flagpole by 5:40am. Return to docks @7:20am, leave for school @7:30am. **2-MINUTE DOCK RULE:** If you take longer than 2min, you must complete 10 jump squats for every extra second taken (launching AND docking)

**\*\*\*AM ATHLETES: Women's Team; Men's 1x (Luke), 4x (Hudson), LWT4+ (Kiri); PM ATHLETES: Men's 4x (David), FWT4+ (Will)\*\*\***

Questions? Just ask me (Alessandra) or Mike.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL 27  <b>6-8am@LBC Practice</b>  <b>Water:</b> C6 Row 75'; 3x15' (5'5'5') (3'rest); SR 18/20/22  <b>FOCUS: SMOOTH SHIFTS</b></p>	<p>APRIL 28  <b>(OFF)</b>  <b>WEEK FOCUS:</b>  <b>THE DRIVE: Power</b>  <i>Application: Legs --&gt; Body --&gt; Arms Acceleration</i>  <b>PM:</b> SM4x (David/etc.) only</p>	<p>APRIL 29 - 5:15am@LBC  <b>Water:</b>  <b>FOCUS = Distance &amp; Drills</b>                      -C6 Row 75min, 15-18k Steady State, quick turns  <b>Dryland Backup:</b> 40min Castles; Core; 2xSki Jumps (Men); 7x Highlevel Bridge Stairrun (Women)</p>	<p>APRIL 30 - 5:15am@LBC  <b>Water: FOCUS=LEG DRIVE</b>                      -C4 Row 75'; 3xSki Jumps (2min, 1min, 30seconds); (starting rates = 18; 20; 22); (no rest - one after the other); tech drills &amp; steady state rest of time  <b>Dryland Backup:</b> Tank work in crews, Weights</p>	<p>MAY 1 - 5:15am@LBC  <b>Water: FOCUS = LEG &amp; BODY CONNECTION</b>                      -C5 Row 75': 3x2k Leap Frog (SR 30 on, SR 24 off)  <b>Dryland Backup:</b> Run to Princess Point + 5xstairs; core circuit</p>	<p>MAY 2 - 5:15am@WS  <b>Water: FOCUS = LEG &amp; BODY CONNECTION</b>                      -C6 Row 90': 1x30' easy; technical work rest of practice (starts)  <b>Dryland Backup:</b> House of Pain (60min) using LBC track &amp; middle boat-bay; jump-squat pyramid (25-50-75-50-25)</p>	<p>MAY 3  <b>6-8am@LBC Practice</b>  <b>WATER:</b> C2 Row 60'; 2x2k Time Trials (22, 26); C6 Row 30'; Technical row  <b>Dryland Backup:</b> Erg/Tank/Weights (if available) OR 60min run</p>
<p>MAY 4  <b>6-8am@LBC Practice</b>  <b>Water:</b> (BOAT RIGGING OVERVIEW) &amp; C1 Row 45'; 2x(6x1' hard/1' light) (running starts); <i>tech focus at rate</i>  <b>Dryland Backup:</b> sprint/tag-run to highlevel bridge, 8x stairs, core</p>	<p>MAY 5  <b>(OFF)</b>  <b>WEEK'S FOCUS:</b>  <b>RACE STARTS:</b> <i>Building the boat speed through focus on timing</i>  <b>PM:</b> SM4x (David/etc.) &amp; secondary boats upon request</p>	<p>MAY 6 - 5:15am@LBC  <b>Water:</b>  <b>Focus = Quick Turns</b>                      -C6 Row 60'; Steady State (no rest); SR 18-22; TEAM MEETING  <b>Dryland Backup:</b> 40min Castles; Core; 2xSki Jumps (Women); 7x Highlevel Bridge Stairrun (Men)</p>	<p>MAY 7 - 5:15am@LBC  <b>Water:</b>  <b>Focus = Body Swing</b>                      -C4 Row 80'; 4x11' (3'-2'-1'-2'-3') /4'; SR top 1' @ 26,28,30,28; c/d starts  <b>Dryland Backup:</b> Tank work in crews; Weights</p>	<p>MAY 8 - 5:15am@LBC  <b>Water:</b>  <b>FOCUS = Body Swing</b>                      -C5 Row 75'; 2x15' Leap Frog /4'; SR 24-32; backing to gates &amp; 360* turns (race prep work)  <b>Dryland Backup:</b> Tag-run to High-Level Bridge, 6xstairs; followed by 300 circuit &amp; core</p>	<p>MAY 9 - 5:15am@LBC  <b>Water:</b>  <b>FOCUS = Catch Timing</b>                      -C6 Row 75'; SR shifting 18 22 (BBS); starts &amp; finishes  <b>Dryland Backup:</b> House of Pain (60min) using LBC track &amp; middle boat-bay; jump-squat pyramid (25-50-75-50-25)</p>	<p>MAY 10  <b>5:45-8:30am@LBC Practice</b>  <b>WATER:</b> C6 Row 90'; 3x2k mock race; full race day run through; crew race visualization &amp; planning on-land  <b>RIG/LOAD TRAILER@10am</b>  <b>***PLEASE NOTE: CHANGE IN ARRIVAL TIME**</b></p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY 11</p> <p><b>Mother's Day Regatta St. Catharine's</b></p> <p><b>**RIG POST-REGATTA**</b></p>	<p>MAY 12</p> <p><b>(OFF) - ALL ATHLETES</b></p> <p><b>WEEK FOCUS:</b> <i>LENGTH: Body swing from finish, rotation out into catch (reach)</i></p>	<p>MAY 13 - 5:15am@LBC</p> <p><b>Water: FOCUS=POSTURE</b> -CAT6; 3x20' steady (3' rest - stationary drills); quick turns; starts for warmup &amp; cooldown</p> <p><b>Dryland Backup:</b> 3x20min Erg (3' rest) (18;20;22SPM); Full 300 Circuit; 30min run (Men); 5xHighlevel Bridge Stairs (Women)</p>	<p>MAY 14 - 5:15am@LBC</p> <p><b>Water: FOCUS=BODY SWING</b> -CAT3 row 70'; 3x7' (3'-2'-2') /5' active rest; SR top 2' @ 28,30,32</p> <p><b>Dryland Backup:</b> Tank (NOVICES), Weights (EXPERIENCED)</p>	<p>MAY 15 - 5:15am@LBC</p> <p><b>Water:</b> <b>FOCUS = ROTATION TO CATCH &amp; CATCH PREP</b> -C4-5 Row 80'; Two-Trip Time Trial @26SPM</p> <p><b>Dryland Backup:</b> tag-run to head of trail &amp; back (i.e.: Westdale Hill); core</p>	<p>MAY 16 - 5:15am@LBC</p> <p><b>Water: FOCUS=POSTURE</b> -C6 row 70'; SR 18-22 (shift each trip); finishes in valley/slip; starts on cooldown + <b>DERIG &amp; LOAD TRAILER</b></p> <p><b>Dryland:</b> 60' run; jump squat pyramid; core</p>	<p>MAY 17</p> <p><b>South Niagara Highschool Invitational (WELLAND)</b></p>
<p>MAY 18</p> <p><b>South Niagara Highschool Invitational (WELLAND)</b></p> <p><b>**RIG POST-REGATTA**</b></p>	<p>MAY 19</p> <p><b>VICTORIA DAY (OFF)</b></p> <p><b>WEEK FOCUS:</b> <b>Entry/Extraction:</b> Blades in/out cleanly, SQUARE BLADE WEEK!</p>	<p>MAY 20 - 5:15am@LBC</p> <p><b>Water:</b> <b>FOCUS=Blade Extraction</b> -C6 Row 90min; 2x35' (5' rest); SR 18-22; square blade intervals</p> <p><b>Dryland Backup:</b> 3x20min Erg (3' rest) (18;20;22SPM); Full 300 Circuit; 30min run (Women); 5xHighlevel Bridge Stairs (Men)</p>	<p>MAY 21 - 5:15am@LBC</p> <p><b>Water: FOCUS=LEG DRIVE</b> -C4/5 Row 80'; Two-trip timetrial @26SPM; square blade starts (cooldown)</p> <p><b>Dryland Backup:</b> Tank work in Crews, Weights</p>	<p>MAY 22 - 5:15am@LBC</p> <p><b>Water: FOCUS=LEG DRIVE</b> -CAT6; 3x20' steady state; 30strokes on-square every 5'; starts for warmup &amp; cooldown</p> <p><b>Dryland Backup:</b> Run to Princess Point &amp; 5xstairs; core</p>	<p>MAY 23 - 5:15am@LBC</p> <p><b>Water: FOCUS=LEG DRIVE</b> -CAT3 row 70'; 3x7' (3'-2'-2') /5' active rest; SR top 2' @ 28,30,32</p> <p><b>Dryland Backup:</b> Run to Princess Point (tag-runs); 300 circuit; core/stretching</p>	<p>MAY 24</p> <p><b>5:45-8:30am@LBC</b> <b>Water: Race Day Prep</b> -C6 row 70'; SR 20-24 (shift at 1st island; blockhouse; slip entrance); finishes in valley/slip; backing to gates &amp; full starts</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY 25</p> <p>City Champs (Hamilton)</p> <p><b>**CREW DINNER**</b></p>	<p>MAY 26</p> <p>(OFF) - ALL ATHLETES</p> <p><b>WEEK FOCUS:</b> <b>Efficiency:</b> Moving boat 100%, Linear motions</p>	<p>MAY 27 - 5:15am@LBC</p> <p><b>Water:</b> <b>FOCUS = BOAT RUN</b> -C4/5 Row 80'; Two-trip timetrial @26SPM; position 3 pause drills</p> <p><b>Dryland Backup:</b> 2x29' Erg (5' rest) (5/4/3/2/1 pyramid - top rate 30SPM) (Men); 5xHighlevel bridge stairrun (Women)</p>	<p>MAY 28 - 5:15am@LBC</p> <p><b>Water:</b> <b>FOCUS = CORE CONTROL</b> -C6 Row 90min; 2x35' (5' rest); SR 18-22; square blade intervals</p> <p><b>Dryland Backup:</b> Tank work in Crews, Weights</p>	<p>MAY 29 - 5:15am@LBC</p> <p><b>Water:</b> <b>FOCUS = LEG DRIVE</b> -C4/5 Row 60'; full race warmup (20min); leap-frogs (30min); fartlek starts (full) x5 (20sec rest in between); cooldown</p> <p><b>Dryland Backup:</b> Run to Princess Point &amp; 5xstairs; core</p>	<p>MAY 30 - 5:15am@LBC</p> <p><b>Water: FOCUS = SMOOTH TRANSITIONS</b> -CAT3 row 70'; 3x7' (3'-2'-2') /5' active rest; SR top 2' @ 28,30,32</p> <p><b>Dryland Backup:</b> Run to Princess Point (tag-runs); 300 circuit; core/stretching</p>	<p>MAY 31</p> <p>5:45-8:30am@LBC</p> <p><b>Water:</b> -C6 row 70'; SR 20-24 (shift at 1st island; blockhouse; slip entrance); starts &amp; finishes in valley/slip</p> <p><b>**Ergathon @ Metro (9am-9pm)**</b></p>
<p>JUNE 1</p> <p>5:45-8:30am@LBC</p> <p><b>Water:</b> C6 Row 70'; Steady State; SR 18-22</p> <p><b>**Ergathon @ Metro (9am-9pm)**</b></p>	<p>JUNE 2</p> <p>(OFF) - ALL ATHLETES</p> <p><b>WEEK FOCUS:</b> <b>Race Mentality:</b> Pushes through body; clean starts &amp; finishes</p>	<p>JUNE 3 - 5:15am@LBC</p> <p><b>Water: Body &amp; Push</b> -C2 Row 60'; full race warmup; 2x750m, 2x500m, 2x250m; SR race pace;</p>	<p>JUNE 4 - 5:15am@LBC</p> <p><b>Water: Starts &amp; Finishes</b> -C6 Row 60'; full race warmup; starts &amp; finishes</p>	<p>JUNE 5 - St. Kitt's Practice</p> <p><b>Water: Race Review</b> -C6 Row 45'; 2x250m (start, finish); mock 2k on course; race visualization</p>	<p>JUNE 6</p> <p><b>CSSRA "Schoolboys" Regatta (St. Catharine's)</b></p> <p><i>*GR. 12 PROM NIGHT*</i></p>	<p>JUNE 7</p> <p><b>CSSRA "Schoolboys" Regatta (St. Catharine's)</b></p>
<p>JUNE 8</p> <p><b>CSSRA "Schoolboys" Regatta (St. Catharine's)</b></p> <p><b>**END-OF SEASON PARTY**</b></p>	<p>JUNE 9</p> <p>(OFF)</p> <p><b>Recommended:</b> 30min light jog</p>	<p>JUNE 10</p> <p>(OFF)</p>	<p>JUNE 11</p> <p>(OFF)</p> <p><b>Recommended:</b> 30min light jog</p>	<p>JUNE 12</p> <p><b>Westdale Summer Rowers:</b> 2km testing @LBC with Alessandra</p>	<p>JUNE 13</p> <p>(OFF)</p> <p><b>Recommended:</b> 3x20min erg (3' rest) OR 60min run</p>	<p>JUNE 14</p> <p><i>*TENTATIVE START DATE FOR SUMMER ROWING (LBC CLUB ROWING)*</i></p>