

GENERAL NOTES:

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

Bad Water Days: We have the Weight Room/Tank on Mondays, and LBC ergs on Wednesday mornings.

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 @7:40am. **2-MINUTE DOCK RULE:** If you take longer than 2min, you must complete 10 jump squats for every extra second taken (launching AND docking)

*****PM ATHLETES: Women's Quads/Jr. Women's 8+; Jr. Men's 2x (Will/James), unless otherwise stated on the blog*****

*****boating lineups will be posted to the blog as required*****

Questions? Just ask me (Alessandra) or Mike.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL 26 (OFF)</p> <p>WEEK'S FOCUS: THE DRIVE: Power Application: Legs --> Body --> Arms Acceleration</p>	<p>APRIL 27 - 5:15am@LBC Water: FOCUS = SMOOTH SHIFTS -C6 Row 75'; 3x15' (5'5'5') (3'rest); SR 18/20/22</p> <p>Dryland Backup: Tank work in crews, weights</p>	<p>APRIL 28 - 5:15am@LBC Water: FOCUS = Distance & Drills -C6 Row 75min, 15-18k Steady State, quick turns</p>	<p>APRIL 29 - 5:15am@LBC Water: FOCUS=LEG DRIVE -C4 Row 75'; 3xSki Jumps (2', 1', 0.5'); (starting rates = 18; 20; 22); tech drills & steady state rest of time</p> <p>Dryland Backup: 40min erg; core; & 2xSki Jumps (Men), 7x Highlevel Bridge Stairrun (Women)</p>	<p>APRIL 30 - 5:15am@LBC Water: FOCUS = LEG & BODY CONNECTION -C5 Row 75': 3x2k Leap Frog (SR 30 on, SR 24 off)</p> <p>Dryland Backup: Run to Princess Point + 5xstairs; core circuit</p>	<p>MAY 1 - 5:15am@WS Water: FOCUS = LEG & BODY CONNECTION -C6 Row 90': 1x30' easy; technical work rest of practice (starts)</p> <p>Dryland Backup: House of Pain (60min) using LBC track & middle boat-bay; jump-squat pyramid (25-50-75-50-25)</p>	<p>MAY 2 5:45-8am@LBC Practice WATER: C2 Row 60'; 2x2k Time Trials (22, 26); C6 Row 30'; Technical row</p> <p>Dryland Backup: Erg/Tank/Weights (if available) OR 60min run</p>
<p>MAY 3 (OFF)</p> <p>WEEK'S FOCUS: RACE STARTS: Building the boat speed through focus on timing</p>	<p>MAY 4 Water: Focus = Holding Technique at Rate -C2/C6 Row 45'; 2x(6x1'hard/1'light) (running starts); TEAM MEETING</p> <p>Dryland Backup: Tank work in crews; Weights</p>	<p>MAY 5 - 5:15am@LBC Water: Focus = Quick Turns -C6 Row 60'; Steady State (no rest); SR 18-22</p>	<p>MAY 6 - 5:15am@LBC Water: Focus = Body Swing -C4 Row 80'; 4x11' (3'-2'-1'-2'-3') /4'; SR top 1' @ 26,28,30,28; c/d starts</p> <p>Dryland Backup: 4x11' water practice on erg; Core (Women); 7x Highlevel Bridge Stairrun (Men)</p>	<p>MAY 7 - 5:15am@LBC Water: FOCUS = Body Swing -C5 Row 75'; 2x15' Leap Frog /4'; SR 24-32; backing to gates & 360* turns (race prep work)</p> <p>Dryland Backup: Tag-run to High-Level Bridge, 6xstairs; followed by 300 circuit & core</p>	<p>MAY 8 - 5:15am@LBC Water: FOCUS = Catch Timing -C6 Row 75'; SR shifting 18 22 (BBS); starts & finishes</p> <p>Dryland Backup: House of Pain (60min) using LBC track & middle boat-bay; jump-squat pyramid (25-50-75-50-25)</p>	<p>MAY 9 5:45-9am@LBC Practice WATER: C6 Row 90'; 3x2k mock race; full race day run through; crew race visualization & planning on-land</p> <p>RIG/LOAD TRAILER BY 9AM</p> <p>*Head of the Martindale*</p>

WESTDALE ROWING TRAINING PLAN (MAY/JUNE) 2015

Prepared by Alessandra Gage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY 10</p> <p>Mother's Day Regatta St. Catharine's</p>	<p>MAY 11</p> <p>AM - OFF (RIGGING ONLY)</p> <p>WEEK'S FOCUS: ENTRY & RACE FINISHES: <i>Backing the blade into the water, keeping the chest up; rate shifts together for race finishes via power application together</i></p>	<p>MAY 12 - 5:15am@LBC</p> <p>Water: FOCUS=POSTURE -CAT6; 3x20' steady (3' rest - stationary drills); quick turns; starts for warmup & cooldown</p> <p>Dryland Backup: 60min run; stretching & team building activities</p>	<p>MAY 13 - 5:15am@LBC</p> <p>Water: FOCUS=RATE SHIFTS TOGETHER -CAT3 row 70'; 3x7' (3'-2'-2') /5' active rest; SR top 2' @ 28,30,32</p> <p>Dryland Backup: 3x7' water practice on erg; Full 300 Circuit; 30min run (Men); 5xHighlevel Bridge Stairs (Women)</p>	<p>MAY 14 - 5:15am@LBC</p> <p>Water: FOCUS = LIGHT HANDS & BACKING THE BLADES FOR ENTRY (CATCH PREP) -C4/5 Row 80'; Two-Trip Time Trial @26SPM</p> <p>Dryland Backup: tag-run to head of trail & back (i.e.: Westdale Hill); core</p>	<p>MAY 15 - 5:15am@LBC</p> <p>Water: FOCUS=POSTURE & 7UPS -C6 row 70'; SR 18-22 (shift each trip); finishes in valley/slip; starts on cooldown + DERIG & LOAD TRAILER</p> <p>Dryland: 60' run; jump squat pyramid; core</p>	<p>MAY 16</p> <p>South Niagara Highschool Invitational (WELLAND)</p>
<p>MAY 17</p> <p>South Niagara Highschool Invitational (WELLAND)</p> <p>**RIG POST-REGATTA**</p>	<p>MAY 18</p> <p>VICTORIA DAY (OFF)</p> <p>WEEK'S FOCUS: Entry/Extraction: <i>Blades in/out cleanly, SQUARE BLADE WEEK!</i></p>	<p>MAY 19 - 5:15am@LBC</p> <p>Water: FOCUS=Blade Extraction -C6 Row 90min; 2x35' (5' rest); SR 18-22; square blade intervals</p> <p>Dryland Backup: 45min run; 30min core; squat pyramid; goal setting in crews</p>	<p>MAY 20 - 5:15am@LBC</p> <p>Water: FOCUS=LEG DRIVE -C4/5 Row 80'; Two-trip timetrial @26SPM; square blade starts (cooldown)</p> <p>Dryland Backup: 3x7' water practice on erg; Full 300 Circuit; 30min run (Women); 5xHighlevel Bridge Stairs (Men)</p>	<p>MAY 21 - 5:15am@LBC</p> <p>Water: FOCUS=LEG DRIVE -CAT6; 3x20' steady state; 30strokes on-square every 5'; starts for warmup & cooldown</p> <p>Dryland Backup: Run to Princess Point & 5xstairs; core</p>	<p>MAY 22 - 5:15am@LBC</p> <p>Water: FOCUS=Race Day Prep -CAT4/6 row 70'; SR 20-24 (shift at red buoys); finishes in valley/slip; backing to gates & full starts; 500m@race pace</p> <p>Dryland Backup: Run to Princess Point (tag-runs); 300 circuit; core/stretching</p>	<p>MAY 23</p> <p>City Championships</p> <p>***CREW DINNER***</p>

WESTDALE ROWING TRAINING PLAN (MAY/JUNE) 2015

Prepared by Alessandra Gage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY 24 (OFF) - ALL ATHLETES</p> <p>WEEK'S FOCUS: <i>Efficiency: Moving boat 100%, Linear motions; Efficiency at High Rates</i></p>	<p>MAY 25 Water: FOCUS = CORE CONTROL -C6 Row 90min; 2x35' (5' rest); SR 18-22; square blade intervals</p> <p>Dryland Backup: Tank work in Crews, Weights</p>	<p>MAY 26 - 5:15am@LBC Water: FOCUS = BOAT RUN @ HIGH RATES -C4 Row 80'; 2xBBL First@28/30/32SPM; Second @30/32/34SPM; position 3 pause drills</p>	<p>MAY 27 - 5:15am@LBC Water: FOCUS = CORE CONTROL -C6 Row 70'; Steady State; SR 18-22</p> <p>Dryland Backup: 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 Water: FOCUS = LEG DRIVE -C4 Row 60'; full race warmup (20min); leap-frogs (30min; SR24/34); fartlek starts (full) x5 (20sec rest in between); cooldown</p> <p>Dryland Backup: Run to Princess Point & 5xstairs; core</p>	<p>MAY 29 - 5:15am@LBC Water: FOCUS = SMOOTH TRANSITIONS -C6 row 70'; SR 20-24 (shift at 1st island; blockhouse; slip entrance); starts & finishes in valley/slip</p> <p>Dryland Backup: Run to Princess Point (tag-runs); 300 circuit; core/stretching</p>	<p>MAY 30 5:45-8:00am@LBC Water: -CAT2 row 70' run time; 3x7' (3'-2'-2') /5' active rest; SR top 2' @ 32,34,36</p>
<p>MAY 31 (OFF) - ALL ATHLETES</p> <p>WEEK'S FOCUS: <i>Race Mentality: Pushes through body; clean starts & finishes</i></p>	<p>JUNE 1 Water: FOCUS = Technique (Especially at Entry & Release) -C6 Row 70'; Steady State; SR 18-22</p>	<p>JUNE 2 - 5:15am@LBC Water: Body & Push -C2 Row 60'; full race warmup; 2x750m, 2x500m, 2x250m; SR race pace;</p>	<p>JUNE 3 - 5:15am@LBC Water: Starts & Finishes -C6 Row 60'; full race warmup; starts & finishes</p>	<p>JUNE 4 - <i>St. Kitt's Practice</i> Water: Race Review -C6 Row 45'; 2x250m (start, finish); mock 2k on course; race visualization</p> <p><i>*GR. 12 PROM NIGHT*</i></p>	<p>JUNE 5 CSSRA "Schoolboys" Regatta (St. Catharine's)</p>	<p>JUNE 6 CSSRA "Schoolboys" Regatta (St. Catharine's)</p>
<p>JUNE 7 CSSRA "Schoolboys" Regatta (St. Catharine's)</p> <p>**END-OF SEASON PARTY**</p>	<p>JUNE 8 (OFF or JNT)</p> <p>Recommended: 30min light jog</p>	<p>JUNE 9 (OFF or JNT)</p>	<p>JUNE 10 (OFF or JNT)</p> <p>Recommended: 30min light jog</p>	<p>JUNE 11 (JNT)</p> <p>Recommended for WSS Rowers Interested in Summer Rowing: 2km testing @LBC with Alessandra</p>	<p>JUNE 12 (OFF)</p> <p>Recommended: 3x20min erg (3' rest) OR 60min run</p>	<p>JUNE 13 *POTENTIAL START DATE FOR SUMMER ROWING (LBC CLUB ROWING)*</p>