

Workout log

NAME _____

February 11- Feb 15, 2008

Nice job with your 2k this weekend. Please be sure to follow the training plan exactly. Many of you have noted that a 16 is tough—it is an excellent indicator of fitness! To be good on the water at a 20, we need to be good on the erg at a 16.

Record all workouts in your notebook!

Monday:

		Your avg split	SR	Total Time	Notes
L3	10K				

Tuesday

Set your monitor for 20minutes total. 10 minute sub intervals. You will be recording the total meters for each 10minute segment

		Your meters	Notes
L4 40	192	2'2'2'2'2' @ 20/18/20/18/20	
	180	4'3'2'1' @ 16/18/20/22	
REST	3"		
	188	2'2'2'2'2' @ 18/20/18/20/18	
	180	4'3'2'1' @ 16/18/20/22	

Wednesday

Set your monitor for 10minutes total with 3 minutes rest. 10 minute sub intervals. You will be recording the total meters for each 10minute segment

Try to repeat or beat your results from Monday.

		Your meters	Notes
L4 30	196	2'2'2'2'2' @ 18/20/22/20/18	
REST	3"		
	180	4'3'2'1' @ 16/18/20/22	
REST	3"		
	188	2'2'2'2'2' @ 18/20/18/20/18	

Thursday

Set your monitor for 40minutes total. 10 minute sub intervals. You will be recording the total meters for each 10minute segment

Try to repeat or beat your results from Monday/ Wednesday on the matching progressions

		Your meters	Notes
L4 40	176	2'/2'/2'/2'/2' @ 16/18/20/18/16	
	180	4'/3'/2'/1' @ 16/18/20/22	
	188	2'/2'/2'/2'/2' @ 18/20/18/20/18	
	180	4'/3'/2'/1' @ 16/18/20/22	

Friday

15' Warm up

	Avg Split	Total Time
6K		

Please submit your workout sheet to your coach.