

Workout log

NAME _____

February 18- Feb 22, 2008

- Keep up the good work. As you can see, you have 2 long L4 this week and one short one. The long level 4s are what you need to perform well on the water. Be precise in stroke rating and if possible, row in sync with those around you. Be sure to warm up before starting your piece.
- See you at the Annual dinner on Thursday!
- Good luck to Alex, Tim, and Katie, who are competing at the CRASH-B erg Championships in Boston this weekend.

Monday:

Set your monitor for 50minutes total. 10 minute sub intervals. You will be recording the total meters for each 10minute segment

			Your meters	Notes
L4 50	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		
	176	2'2'2'2'2' @ 16/18/20/18/16		

Tuesday

Try to even or negative split this work out.

		Your avg split	SR	Total Time	Notes
L3	5k				
	5k				

Wednesday

Set your monitor for 30minutes total. 10 minute sub intervals. You will be recording the total meters for each 10minute segment 3” break and 20miutes w/ 10minute sub intervals. Try to repeat or beat your results from Monday.

			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		
	192	2'/2'/2'/2'/2' @ 18/20/18/20/18		
REST 3”				
	188	2'/2'/2'/2'/2' @ 18/20/18/20/18		
	180	4'/3'/2'/1' @ 16/18/20/22		

Thursday

This is somewhat of a recovery workout. It is actually the same workout as we did the first day of practice. Look in your notebook to compare results.

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

Friday

L1 – be sure to get in 15 minutes of warm up before starting the pieces. We will do this workout together. Note that you are to negative split this workout
 8 x 500 at Goal Pace as noted (what was your average split at your 2 k test?—look in your notebook)
 Precision is the key. Try to get your goal time EXACTLY!

GOAL PACE = 2K test average _____

	PACE	Your goal time (do the math)	Actual time
500	Goal pace +.05		
500	Goal pace +.05		
500	Goal pace +.02		
500	Goal Pace		
500	Goal Pace		
500	Goal Pace-.02		
500	Goal Pace -.02		
500	Goal Pace -.05		