

Workout log

NAME _____

February 25- Feb 29, 2008

WEEK 4

- If you have not completed the Level 1 workout from Friday, 8 x 500 at set pace— w/ 3 rest in between, Please do so on Monday

Monday:

Complete Fridays Level 1 if you have not.

If you did do 87 x 500 already, please set your monitor for 10K and record your 2000m intervals (set intervals under single distance)

			Your 2000 meters AVG	Total Time
L4 50	10K	2K		
		4K		
		6K		
		8K		
		10K		

Tuesday

			Your meters	Notes
L4 40	176	2'12"/2'12"/2'12" @ 16/18/20/18/16		
	180	4'3"/2'1" @ 16/18/20/22		
	192	2'12"/2'12"/2'12" @ 18/20/18/20/18		
	188	2'12"/2'12"/2'12" @ 18/20/18/20/18		

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 30minutes w/ 10minute sub intervals. Try to repeat or beat your results from Monday.

			Your meters	Notes
L4 60	176	2'12"/2'12"/2'12" @ 16/18/20/18/16		
	180	4'3"/2'1" @ 16/18/20/22		
	192	2'12"/2'12"/2'12" @ 18/20/18/20/18		
REST 3"				
	188	2'12"/2'12"/2'12" @ 18/20/18/20/18		
	180	4'3"/2'1" @ 16/18/20/22		

	188	2'2'2'2'2' @ 18/20/18/20/18		
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Thursday

Level 2—7.5K Medley! Yipee—this is an excellent workout for on the water prep!

Warm up 15 minutes!

Rest for 3:30” between each segment listed below. Your average split should be based on your 2k Test average

2 K Test Average _____ / 500 M

		Goal Pace (do the math)	Your AVG Pace	Total Time
2K	Avg + .05			
2.5 K	Avg +.10			
3K	Avg + .15			

Friday

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

No practice Monday March 3. Please attend the Spring Meeting for Returning Parents and Rowers at 6pm at Brebuef High School.

We will be talking about the season, team strategy, and we will be passing out the membership information and handbooks.

Do you have a friend that wants to row (or maybe you could request and announcement at your school).

Interested in rowing? IRC juniors want you! Join us for the Spring Call Out Meeting.
Monday, March 3, 7pm
Brebuef High School