

Weekly workouts (Interval and Endurance) based on Lactate Testing Results

Group A – Anaerobic Threshold (4 MMOL) @ 260+ Watts

1. 2 x 40' (w/ 5' rest) @ HR Zone: R→C
2. 4 x 10' (w/ 5' rest) @ HR Zone: INE
3. 75' with 15' @ HR Zone: R, 15' @ HR Zone: C, 15' @ HR Zone: EXE, 15' @ HR Zone: C and 15' @ HR Zone: R
4. 1' on/1' off for 60' @ 6k →2k pace (HR should be just over HR Zone: HINE)

- ✓ Although order is important, feel free to swap #2 and #4 depending on your schedule.
- ✓ You should also be lifting at least 2 days per week. Lifting regiment should include squats, hang cleans and bench pulls as a base. (FOR ALL GROUPS)

Group B – Anaerobic Threshold (4 MMOL) @ 240-259 Watts

1. 2 x 40' (w/ 5' rest) @ HR Zone: R→C
2. 4 x 10' (w/ 5' rest) @ HR Zone: INE
3. 75' with 15' @ HR Zone: R, 15' @ HR Zone: C, 15' @ HR Zone: EXE, 15' @ HR Zone: C and 15' @ HR Zone: R
4. 4 x 10' (w/ 5' rest) @ HR Zone: INE

Group C – Anaerobic Threshold (4 MMOL) @ Below 240 Watts

1. 2 x 40' (w/ 5' rest) @ HR Zone: R→C
2. 75' with 15' @ HR Zone: R, 15' @ HR Zone: C, 15' @ HR Zone: EXE, 15' @ HR Zone: C and 15' @ HR Zone: R
3. 2 x 40' (w/ 5' rest) @ HR Zone: R→C
4. 4 x 10' (w/ 5' rest) @ HR Zone: INE

FOR THOSE ATHLETES NOT HAVING LACTATE TESTING:

To calculate your approximate HR/Wattage Zones you can use your % of 2k Wattage. For example, if you row a 7' 2k then you averaged 300 Watts. Using the following template, you can approximate your zones/watts to use in your training:

Regeneration (R):	50-60%
Compensation (C):	55-65%
Extensive Endurance (EXE):	60-70%

Intensive Endurance (INE): 70-85%
High Intensity Endurance (HINE): Above 85%

10K AND 2K WORKOUTS

Since we will not be doing any follow-up Lactate Testing until Selection Camp, it is important that you see the benefits of using this training protocol.

The best measure of this the 10K row. As soon as possible, do a 10K piece in the Compensation HR Zone and record the time it took to complete it. Four (4) weeks later, having used the provided workouts in the interim, repeat this test and you will see a solid improvement in your time. Continue to do this into the early Spring. Also, you should continue to do 2K's but they should be done not closer than two (2) weeks apart.

For those not having Lactate Test HR Zones. The best way for you to see results is row a 10k at a steady rate (20 spm) and take your HR immediately upon completion. Four (4) weeks later re-test using this heart rate and you are looking for similar improvement.

TRAINING SUBMISSIONS

Please use the following link to submit your training results.

[2013 USJMNT Performance Data](#)

Have fun and train smart!
Coach Hargis