

**Menu - Workout Categories**

| <b>Cat.</b>    | <b>Work Time/Distance</b> | <b>Program (ranked easy to hard)</b>                              | <b>Rate</b>         | <b>Heart Rate/Split*</b> | <b>Comment</b>   |
|----------------|---------------------------|---|---------------------|--------------------------|--|
| <b>VI</b>      | <b>45 - 120 minutes</b>   | <b>1. 75 minute Steady State Row</b>                              | <b>less than 22</b> | <b>60% - 65%</b>         | <b>Recovery is continuous. No rest necessary.</b>  |
| <b>Aerobic</b> |                           | <b>2. 3 x 20 min, low intensity - rate change every 20 min.</b>   | <b>18/20/22</b>     | <b>of max.</b>           | <b>Focus is on technique.</b>  |
| <b>1</b>       |                           | <b>3. Dam to Pier Return Trip with 2 min off</b>                  |                     |                          | <b>Utilitation of Aerobic Capacity</b>   |
|                |                           |   |                     |                          | <b>Alternate training: running, cycling, x-country skiing, skaing, hiking, erging, stair climber</b>   |
| <b>V</b>       | <b>30 - 90 minutes</b>    | <b>1. 10 min/40 min/ 10 min ON - 2 min OFF</b>                    | <b>22 - 24</b>      | <b>65% - 80%</b>         | <b>Off' time may be stationery drills, i.e. pause drill or</b>   |
| <b>Aerobic</b> |                           | <b>2. 3 x 4/3/2/1/2/3/4 min - rates 18/20/22/24/22/18</b>         |                     | <b>of max.</b>           | <b>finish to catch drill.</b>  |
| <b>2</b>       |                           | <b>3. 2 x 30 min On/ 2 min Off rate change every 10 min.</b>      | <b>22/24/22</b>     |                          |  |
|                |                           | <b>4. 8km timed piece.</b>  |                     |                          | <b>Alternate training: rinning, cycling, x-country skiing, skating, hiking, erging, stair climber.</b> |
| <b>IV</b>      | <b>10 - 45 minutes</b>    | <b>1. 2 x 12 min On/ 4 min Off w rate change every 2 mins.</b>    | <b>24 - 26</b>      | <b>80% - 90%</b>         | <b>Off' time should be timed not estimated.</b>  |
|                |                           | <b>2. 3 x 7 min. on/ 1.5 min off</b>                              |                     |                          |  |
| <b>Ana.</b>    | <b>work/rest ratio:</b>   | <b>3. 3 x 9 min on/ 3 min. off</b>                                | <b>24 - 26</b>      | <b>of max.</b>           | <b>Development of Aerobic Capacity</b>   |
| <b>Thres.</b>  | <b>3:1</b>                | <b>4. 6 km Timed Piece</b>  | <b>24 - 26</b>      |                          | <b>Efficiency</b>  |
|                |                           |   | <b>24 - 26</b>      |                          | <b>Strength and Endurance</b>  |
| <b>III</b>     | <b>6 - 10 minutes</b>     | <b>1. 6 x 1 min on/off</b>  | <b>25 - 27</b>      | <b>90% - 95%</b>         | <b>Development of Aerobic Capacity</b>   |
| <b>MVO2</b>    | <b>work/rest ratio:</b>   | <b>2. 5 x 2 min on/off</b>  | <b>25 - 27</b>      | <b>of max.</b>           | <b>Strength and Endurance</b>  |
|                | <b>1:1</b>                | <b>3. 3 x 3 min on/off</b>  | <b>25 - 27</b>      |                          | <b>Tactics</b>   |
|                |                           | <b>4. 3 x 750m on/off (or time equivalent)</b>                    | <b>25 - 27</b>      |                          |  |
|                |                           | <b>5. 2 x 1000m on/off (or time equivalent)</b>                   | <b>25 - 27</b>      |                          |  |
|                |                           | <b>6. 15/20/30/20/15 strokes on/off</b>                           | <b>25 - 27</b>      |                          | <b>Technique with Power</b>  |
| <b>II</b>      | <b>2 - 7 minutes</b>      | <b>1. 2 x 1000m on/20 min. off</b>                                | <b>26 - 28</b>      | <b>95 - 100% Max</b>     | <b>Race Endurance</b>  |
| <b>Ana.</b>    | <b>work/rest ratio:</b>   | <b>2. 4 x 750m/12 min. off</b>                                    | <b>28</b>           |                          | <b>Development of Cardiopulmonry System</b>  |
| <b>Lactic</b>  | <b>1:4</b>                | <b>3. 6 x 250m on/5 min. off</b>                                  | <b>28 - 30</b>      |                          |  |
| <b>I</b>       | <b>10 - 90 sec</b>        | <b>Start Sequences, e.g. 3/4, 1/2, 3/4, full slide, 6 min Off</b> | <b>Race Pace</b>    | <b>100% of Max</b>       | <b>Rest pieces= 5 times work piece</b>   |
| <b>Ana.</b>    | <b>work/rest ratio:</b>   | <b>(no more than 2 sequences before rest)</b>                     | <b>32</b>           |                          | <b>Goals: Anaerobic Capacity</b>   |
| <b>Alactic</b> | <b>1:6</b>                |   |                     |                          | <b>Development of Cardiopulmonry System</b>  |
|                |                           |   |                     |                          |  |
|                |                           |   |                     |                          |  |



