

Training Cycle	Club training day	Date of Week	Date	Boat Setup	Objective/Workout focus	Workout
1	Yes	Monday	12-Jan-04	Club	Getting in touch with the water	Short LSD
1	Yes	Wednesday	14-Jan-04	Even	Getting in touch with the water	1 short piece, balance boats then 1 long piece
1	Yes	Saturday	17-Jan-04	Distance	Getting in touch with the water	Hayden Island - LSD
1	Yes	Monday	19-Jan-04	Club	Building work load refining technique	Bucket drills - intervals - 15/5 - power circles
1	Yes	Wednesday	21-Jan-04	Master	Technique - body structure	resisters - intervals 5-10 minutes - power circles
1	Yes	Saturday	24-Jan-04	Even	Endurance / physiological training.	Long ladders 20-18-16 110 min of work 2 min rest
1	Yes	Monday	26-Jan-04	Club	Endurance - ***Boat blend*** power together	Hayden Island as a club - LSD
1	Yes	Wednesday	28-Jan-04	Open	Blend/ maintain speed through piece	10 minute intervals
1	Yes	Saturday	31-Jan-04	Even	Boats together low rate good hull speed	Government Island * novice crew Hayden island
1	Yes	Monday	2-Feb-04	Club	Technique/Competitive efficiency power together	5 minute pieces 1 min off
1	Yes	Wednesday	4-Feb-04	Master	Technique/Competitive Blend	20 minute pieces
1	Yes	Saturday	7-Feb-04	Even	Endurance / physiological training. Speed during 2end 1/2	Government Island * novice crew Hayden island
1	Yes	Monday	9-Feb-04	Club	Technique/Competitive	Ladders - 5 minute pieces small resisters for a few
1	Yes	Wednesday	11-Feb-04	Even	Competitive Focus on hull speed - blend	Reverse Pyramid
1	Yes	Saturday	14-Feb-04	Distance	Competitive - must blend/Max hull speed with low rate	Race Intensity Intervals 10 minutes
1	Yes	Monday	16-Feb-04	Club	Technique LSD	LSD - Hayden Island
1	Yes	Wednesday	18-Feb-04	Even	Technique - body structure	20 minute pieces
1	Yes	Saturday	21-Feb-04	Open	Technique/TTS Men long Course	Pyramid up to 15 minutes
4	Yes	Monday	23-Feb-04	Club	Technique low rate/power	Speed/ 2 min on 30 sec off
4	Yes	Wednesday	25-Feb-04	Even	Technique - body structure	Starts with bucket
4	Yes	Saturday	28-Feb-04	Open	Technique/TTS Women's Long Course	Pyramid up to 15 minutes

2	Yes	Monday	1-Mar-04			
2	Yes	Wednesday	3-Mar-04			
2	Yes	Saturday	6-Mar-04			
2	Yes	Monday	8-Mar-04			
2	Yes	Wednesday	10-Mar-04			
2	Yes	Saturday	13-Mar-04			
2	Yes	Monday	15-Mar-04			
2	Yes	Wednesday	17-Mar-04			
2	Yes	Saturday	20-Mar-04			
2	Yes	Monday	22-Mar-04			
2	Yes	Wednesday	24-Mar-04			
2	Yes	Saturday	27-Mar-04			
2	Yes	Monday	29-Mar-04			
2	Yes	Wednesday	31-Mar-04			
2	Yes	Saturday	3-Apr-04			
2	Yes	Monday	5-Apr-04			
2	Yes	Wednesday	7-Apr-04			
2	Yes	Saturday	10-Apr-04			
4	Yes	Monday	12-Apr-04			
4	Yes	Wednesday	14-Apr-04			
4	Yes	Saturday	17-Apr-04			
3	Yes	Monday	19-Apr-04			
3	Yes	Wednesday	21-Apr-04			
3	Yes	Saturday	24-Apr-04			
3	Yes	Monday	26-Apr-04			
3	Yes	Wednesday	28-Apr-04			
3	Yes	Saturday	1-May-04			
3	Yes	Monday	3-May-04			
3	Yes	Wednesday	5-May-04			
3	Yes	Saturday	8-May-04			
3	Yes	Monday	10-May-04			
3	Yes	Wednesday	12-May-04			
3	Yes	Saturday	15-May-04			
3	Yes	Monday	17-May-04			
3	Yes	Wednesday	19-May-04			
3	Yes	Saturday	22-May-04			
3	Yes	Monday	24-May-04			
3	Yes	Wednesday	26-May-04			
3	Yes	Saturday	29-May-04			
4	Yes	Monday	31-May-04			
4	Yes	Wednesday	2-Jun-04			
4	Yes	Saturday	5-Jun-04			

4	Yes	Monday	7-Jun-04			
4	Yes	Wednesday	9-Jun-04			
4	Yes	Saturday	12-Jun-04			
4	Yes	Monday	14-Jun-04			
4	Yes	Wednesday	16-Jun-04			
4	Yes	Saturday	19-Jun-04			
4	Yes	Monday	21-Jun-04			
4	Yes	Wednesday	23-Jun-04			
4	Yes	Saturday	26-Jun-04			
4	Yes	Monday	28-Jun-04			
4	Yes	Wednesday	30-Jun-04			
4	Yes	Saturday	3-Jul-04			
4	Yes	Monday	5-Jul-04			
4	Yes	Wednesday	7-Jul-04			
4	Yes	Saturday	10-Jul-04			
4	Yes	Monday	12-Jul-04			
4	Yes	Wednesday	14-Jul-04			
4	Yes	Saturday	17-Jul-04			
3	Yes	Monday	19-Jul-04			
3	Yes	Wednesday	21-Jul-04			
3	Yes	Saturday	24-Jul-04			
3	Yes	Monday	26-Jul-04			
3	Yes	Wednesday	28-Jul-04			
3	Yes	Saturday	31-Jul-04			
3	Yes	Monday	2-Aug-04			
3	Yes	Wednesday	4-Aug-04			
3	Yes	Saturday	7-Aug-04			
3	Yes	Monday	9-Aug-04			
3	Yes	Wednesday	11-Aug-04			
3	Yes	Saturday	14-Aug-04			
3	Yes	Monday	16-Aug-04			
3	Yes	Wednesday	18-Aug-04			
3	Yes	Saturday	21-Aug-04			
3	Yes	Monday	23-Aug-04			
3	Yes	Wednesday	25-Aug-04			
3	Yes	Saturday	28-Aug-04			
3	Yes	Monday	30-Aug-04			
4	Yes	Wednesday	1-Sep-04			
4	Yes	Saturday	4-Sep-04			
4	Yes	Monday	6-Sep-04			
4	Yes	Wednesday	8-Sep-04			
4	Yes	Saturday	11-Sep-04			

4	Yes	Monday	13-Sep-04			
4	Yes	Wednesday	15-Sep-04			
4	Yes	Saturday	18-Sep-04			
4	Yes	Monday	20-Sep-04			
4	Yes	Wednesday	22-Sep-04			
1	Yes	Saturday	25-Sep-04			
1	Yes	Monday	27-Sep-04			
1	Yes	Wednesday	29-Sep-04			
1	Yes	Saturday	2-Oct-04			
1	Yes	Monday	4-Oct-04			
1	Yes	Wednesday	6-Oct-04			
1	Yes	Saturday	9-Oct-04			
1	Yes	Monday	11-Oct-04			
1	Yes	Wednesday	13-Oct-04			
1	Yes	Saturday	16-Oct-04			
1	Yes	Monday	18-Oct-04			
1	Yes	Wednesday	20-Oct-04			
1	Yes	Saturday	23-Oct-04			
1	Yes	Monday	25-Oct-04			
1	Yes	Wednesday	27-Oct-04			
1	Yes	Saturday	30-Oct-04			
1	Yes	Monday	1-Nov-04			
1	Yes	Wednesday	3-Nov-04			
4	Yes	Saturday	6-Nov-04			
4	Yes	Monday	8-Nov-04			
4	Yes	Wednesday	10-Nov-04			
4	Yes	Saturday	13-Nov-04			
4	Yes	Monday	15-Nov-04			
4	Yes	Wednesday	17-Nov-04			
4	Yes	Saturday	20-Nov-04			
4	Yes	Monday	22-Nov-04			
4	Yes	Wednesday	24-Nov-04			
4	Yes	Saturday	27-Nov-04			
4	Yes	Monday	29-Nov-04			
1	Yes	Wednesday	1-Dec-04			
1	Yes	Saturday	4-Dec-04			
1	Yes	Monday	6-Dec-04			
1	Yes	Wednesday	8-Dec-04			
1	Yes	Saturday	11-Dec-04			
1	Yes	Monday	13-Dec-04			
1	Yes	Wednesday	15-Dec-04			
1	Yes	Saturday	18-Dec-04			

1	Yes	Monday	20-Dec-04			
1	Yes	Wednesday	22-Dec-04			
1	Yes	Saturday	25-Dec-04			
1	Yes	Monday	27-Dec-04			
1	Yes	Wednesday	29-Dec-04			