

Training Cycle	Club training day	Date of Week	Date	Objective/Workout focus	Workout
2	Yes	Monday	1-Mar-04	ID --> Speed/Endurance Cycle Programs to diverge in next cycle for now similar training.	30"/60"/90"/120"/90"/60"/30" - 60" off x 6
2	Yes	Wednesday	3-Mar-04	Need to have more people steer. Get people interested in steering to steer warm-up each training session.	3'/3' w start x 10 --- 3 x 500m
2	Yes	Saturday	6-Mar-04	Women TT	Catalina Men LSD / others steering
2	Yes	Monday	8-Mar-04	Tech focus have the boat be as one - workout focus - get off the line fast stay fast	20 minutes Tech - 1' starts ~30" rest
2	Yes	Wednesday	10-Mar-04	even splits 80% effort - no focus on tech	5' x 8 with active rest 70% - turn - ~2.5 minutes rest
2	Yes	Saturday	13-Mar-04	Tech Video towards the end of training - from Erin's boat	5 minute pieces 1 min off with start
2	Yes	Monday	15-Mar-04	keep tech through piece & boat run consistent through piece.	50x 15"5" - 20' tech 40x15"5" - 20' tech 30x.....
2	Yes	Wednesday	17-Mar-04	Speed focus - get max speed and hold it.	20' tech - 1' on 2' off x 10 x 2
2	Yes	Saturday	20-Mar-04	get the boat going AFAP - even splits progressing %s strting at 75%	10' x 5 60% rest turn 5' x 2 15' between
2	Yes	Monday	22-Mar-04	blend the boat - get speed quick fast rate ok - boat speed important	Starts 15" x 10. 105" rest - 1' x 10 30" rest
2	Yes	Wednesday	24-Mar-04	blend boat - 93% effort - smooth boat	5' x 8 with active rest 70% - turn - ~2.5 minutes rest
2	Yes	Saturday	27-Mar-04	Check for power boat next week - focus on increasing boat speed.	10' to 2' pieces decending pyramid back up 2' rest
2	Yes	Monday	29-Mar-04	maintain power and be smooth	30"/60"/90"/120"/90"/60"/30" - 60" off x 6
2	Yes	Wednesday	31-Mar-04	each piece is the same speed - maintain focus.	10' tech - 5' x 8 with active rest 70% - turn - ~2.5 minutes rest
2	Yes	Saturday	3-Apr-04	Motor boat pull - Erin - can be moved if no boat available	oc-6 2' sprints - then get towed 3 x 5 minutes - 2' sprints again
2	Yes	Monday	5-Apr-04	min time for 500m - learn race plan - 97% effort	20min Tech drills, 500m race simulations x 5 - lsd after some turns
2	Yes	Wednesday	7-Apr-04	work race plan -start / end	250mx5@70%,80%,90%,100%&90% 500m x 4 @90% 250m x 5 @100%, 90%, 80%, 90% &100% - 60" off
2	Yes	Saturday	10-Apr-04	Non-crew TT / Catalina Men LSD some time this month	Turns -- fun Hilo stuff
4	Yes	Monday	12-Apr-04	get and maintain speed all at top speed less a little to have even/negative splits	250mx5 500mx4 250mx5 - 60" off
4	Yes	Wednesday	14-Apr-04	keep the speed for each piece the same --	30"/60"/90"/120"/150/3'..... 5' - 60" off
4	Yes	Saturday	17-Apr-04	build speed through set ---Catalina OC-2 1K time trails Get as many OC-2s as you can. Race as many different pairs as you can. 10 per person min	50x 15"5" - 20' tech 40x15"5" - 20' tech 30x.....speed get faster through each set. Reach max speed with 10 pieces to go - then hold it.
3	Yes	Monday	19-Apr-04	group hug.	AYF
3	Yes	Wednesday	21-Apr-04	blend boat ready to race	Pick ups to 10 minutes couple of starts
3	Yes	Saturday	24-Apr-04	Rusty Iron	Race Intensity ok?
3	Yes	Monday	26-Apr-04	Speed cycle	