

Monday of the week	Races	week intensity	primary focus	OC-6 A	OC-6 B	OC-6 C	OC-1
16-Mar	none	getting into it	aerobic intervals	2 x 18 min steady/2 min rest	3 x 13 min steady/2 min rest	4 x 9 min @ 75% /3 min rest (less rest if cold)	60-75 min easy steady
23-Mar	none	medium	aerobic intervals	8 x 5 min @ 75-80% /2 min rest	4 x 8 min, first 5 min at relaxed but crisp 75%, last 3 min at 85%/3 min rest	10 min warmup, 40 min steady piece @ 70%, relaxed base work but with good clean rhythm, 5 min cooldown	75 min easy steady
30-Mar	none	medium	aerobic intervals	2 x 15 min @ 80% (working hard but not killing yourselves)/4-5 min rest (less if cold). Not as much total work as some workouts so aim for good intensity - do a good warm-up prior to starting	8 x 4.5 min/1.5 min rest at tempo (as hard as you can go such that the last piece is the same speed as the first). Good hard session.	3 x 16 min @ 75%/3 min rest, technique and clean timing - aiming for lots of glide.	70 min steady
06-Apr	none	hard: good tough week!	aerobic intervals	3 x (2 x 7 min/1 min) @ 75-80%/3 min rest. Aim for a good accelerating and synchronous pull phase of each stroke	3 x (4 x 3.5 min at tempo/1 min rest)/3 min rest btn sets. A toughie but a goody!	3 x 14 min, first 10 min @ 75%, last 4 min @ 80%/ 3 min rest, smooth and strong transitions to increased intensity.	70-80 min steady

13-Apr	none	easier	power	4 x (30 sec max/1 min rest, 60 sec max/2 min rest, 2 min max)/5 min rest	5x 8 min, first 5 min @ 75%, last 3 min @ 85%/ 2-3 min rest, smooth and strong transitions to increased intensity.	10 min warm-up with some intensity. 15 x 1 min/2 min rest, all pieces with starts, 10 min cool-down (with Patti April 19)	75 min steady
20-Apr	none	medium	aerobic intervals: Getting ready for the Duel!!	3 x 20 min at greater than distance race pace (about pace +5%)/5 min rest, do start for each piece	90 min steady	TBD: aerobic pieces: with Kamini	90 min steady (70 min if you did the 90 min in OC-6)
27-Apr		hard: fule and hydrate well this week while on the water - fanny packs with energy drinks, and a snack for "just in case" (gels are quick)	aerobic capacity	2 x (3 x 9 min/1 min rest)/4 min rest, first piece per set with start, others running. 80% work - thoughts on the upcoming first race!	100-110 min steady - big increase in distance from last week but next week's race will likely take longer and I don't want it to be too much of a shock.	TBD: aerobic pieces: with Kamini: 4 x 15 min	2 x 30 min @ 80%/3-4 min rest
04-May	May 9: Duel in the Desert	recovery/ race prep: again, fuel and hydrate well!	aerobic capacity	6 x 6 min/2 min rest at race (18 km) intensity and rhythm, every 2nd with a start	2 x 18 min at race intensity/4 min rest. Each with starts	May 9: Duel in the Desert (CORA Cup #1)	60 min steady

11-May		hard	aerobic power (long hard pieces with lots of rest)	8 x 4 min/4 min rest, at max pace with starts - you sprinters, think "1000's" - without the turns	6 x 6 min/5 min rest at max pace with starts	90 min steady (1-2 breaks within: max 1 min for each break - decide ahead of time when these breaks are going to be)	2 x 35 min @ hard steady pace/3 min rest
18-May	May 24: Jericho Iron	recovery/ race prep: again, fuel and hydrate well	aerobic capacity	3 x 15 min/3 min rest. 5 min at 80%, 5 min at race pace, 5 min at 80%	5 x 4 min/2 min rest at race pace. Short and sweet paddle	May 24: Jericho Iron	45 min easy steady (recovery paddle) or Jericho small boat race
25-May		medium	aerobic power	5 x 8 min at max with starts/4 min rest. This is hard!	75 min steady	3 x 17 min at max with starts/6 min rest. This is hard too!	60-75 min steady
01-Jun		hard	aerobic capacity	3 x 20 min at max with starts/6 min rest. This is also a hard workout!	10 x 5 min at 80%/2 min rest. Find good rhythm and glide	90 min steady	90 min steady
08-Jun	June 13: Isl Iron, Comox (CORA Cup #3)	recovery/ race prep: again, fuel and hydrate well	Economy/ Pacing	4 x 10 min/3 min rest. 5 min at 80%, 5 min at race pace	good warm-up, one 20 min piece at race pace, good cool down.	June 13: Island Iron	45 min easy steady (recovery paddle) or Island Iron small boat race

15-Jun		medium	aerobic capacity	60 min relaxed steady after 10 min warm-up. Take a break half way through if needed to switch seats, otherwise, no break. Pace is relaxed but crisp (not lazy)	3 x (8 x 2 min hard and powerful (explosive and dynamic like a sprint crew, smooth and strong through the pull like a distance crew))/1 min rest)/5 min rest between sets. This should be a toughie!!! If you need to increase the rest a bit within a set to get a point across and make the subsequent pieces better, do so.	95 min steady paddle after ~8 min warm-up.	OC-1 or OC-2: 1 x 5 km max (race it. Time trial format)
22-Jun	June 27: Lotus Iron (CORA Cup #4)	medium	Economy/ Pacing	4-5 x 10 min/3 min rest. All pieces with a start. Complete at distance race intensity. Use lots of enthusiastic calls to keep power on.	short one: 4 x 8 min/3 min rest. First 5 min of each piece at 80% of race pace, last 3 min at race pace or a bit higher. Working on keeping really effective boat run. No lazy paddling in the first 5 min, crisp and "on it"	Lotus Iron	Lotus OC-1 or 60 min steady paddle

29-Jun		hard	aerobic capacity	2 x 30 min solid focused steady after 10 min warm-up. 3 min rest. Pace is relaxed in the air but aggressive in the water-time	3 x (10 x 90 sec hard and powerful/1 min rest)/5 min rest between sets. Explosive and dynamic like a sprint crew, smooth and strong through the pull like a distance crew. Hard but fun!!	100 min steady paddle after ~8 min warm-up.	10 min warm-up, 45 min hard paddle, 10 min cooldown. Be tough and go fast - like racing - see how far you can go.
06-Jul	July 11-12: VOS OC Iron (CORA Cup #5): Vancouver	short intensity, hydrate well for race	intensity, not volume	3 x (2 x 4 min/1 min rest)/3 min rest at faster than distance race pace. First piece per set with start.	10 x 2 min/3 min rest. At 100%, starts on all. Keep the intensity on.	VOS Chasedown	VOS small boat race or 60 min steady paddle
13-Jul	none	medium	aerobic power	3 x (6 x 90 sec/45 sec rest)/5 min rest at 90+%. First piece per set with start.	5 x (2 x 2 min/1 min rest)/4 min rest. At 100%, starts on first peice/set. Keep the intensity on.	100 min steady paddle. Take 2 min break after about 8 min and half way through.	6 x 8 min @ 80%/2 min rest

20-Jul	none	medium	aerobic power	5 x 8 min max - fighting and grunting, with starts/8 min rest	familiar workout: 3 x (8 x 2 min hard and powerful (explosive and dynamic like a sprint crew, smooth and strong through the pull like a distance crew))/1 min rest)/5 min rest between sets.	4 x 20 min steady+/3 min rest.	75 min steady
27-Jul	none	hard/medium	aerobic capacity	10 x 5 min at 85+%/2 min rest. Without starts. Duke it out, for real or imaginary (if there's only one crew)!	4 x 15 min distance race pace plus/3 min rest. With starts.	90 min steady (no breaks other than quick stretching one after about 8 min)	something fun: 15 x 1 min 90% of max with max starts/3 min rest. Fun if you can race someone!
03-Aug	none	medium/recovery	Economy/Pacing	8 x 4 min/4 min rest, at max (sprint) pace with starts	8 x 6 min/5 min rest at distance race pace, without starts	80 min steady (no breaks other than quick stretching one after about 8 min)	35 min @ hard steady pace/3 min rest, with good warm-up and cooldown. Total workout = 60 min
10-Aug	Aug 15-16: OC Nationals Victoria	recovery	Economy/Pacing	3-4 x 10 min/3 min rest. At race pace with starts	good warm-up, one 20 min piece at race pace, good cool down.	Nationals	45 min easy steady

replace any workout with a wave paddling session if you can.