

Hello fall rowers and parents

Please give the following email a read carefully.

1. As we transition off water - Myself as a teacher/coach at KSS I am able to supervise LDSB and ALDSB Catholic Schoolboard athletes who compete in the KASSAA loop of schools at KSS over the winter. Right now we are limited to outside practices on your school rowing machines at 615am at the north west entrance of the school. currently our ergs are stored in a container and we will pull them out and use them for training sessions Mondays Wednesdays and Fridays. Till Christmas break.
2. There was an email sent earlier that requires you to fill out an online form so we can make sure we send information to those who require it. Please complete that form so we have you on the email list.
3. If you are going to be training and are on the email list, you will be getting our weekly training programs. Attached is an example of a blank training schedule that you will be getting as well as a filled out EXAMPLE version.

THIS IS HOW IT WORKS!!!

4. The training schedule that will be sent out requires a bit of work on your part. Many of you are playing other sports and activities through the week. To make this the most effective for you, the weekly schedule will have a List of workouts that you should try and complete depending on your age and experience. You fill in what activities you have in your week ahead (DON'T FORGET ABOUT SCHOOL STUFF!!)

For example... If you have a test in a class on Thursday and swimming on Tuesday at 3:00pm put that in before you start so you know what you are starting with each week. Then add in Workouts from the list where you can in the schedule. You will all have somewhat different schedules.

If we are doing a supervised workout at the school or that is a planned supervised workout it will be already on your schedule for that week.

In the example below... it shows a SC workout on that Tuesday in the weight room. and some cross country runs on monday and tuesday and two hockey events on monday and wednesday....

what we are trying to do is cross off an appropriate amount of workouts for a given week. Balance and recovery are important. and its a really good planning exercise for Parents to help with.

As a check to see if you are doing tooooooo much... add up the time you are taking for athletics and divide by 60 to get the total hours you are participating in sport.

For a High Performance athlete who is 16+ and trained regularly for a year or two - in a heavy week of training you should max out at 20H of work a week. Thats a LOT. So this helps us if you feel tired, fatigued and are starting to show signs of over training.... cant sleep... sleep too much.... high resting heart rate... etc. Balance is key.

****Its doing the right TYPE of work to get the healthy benefits you want to see in sport.

Week #	Cycle Focus			Remember to add school activites or stressors	Total minutes	790
	Date	Strength, Flexibility and Base Aerobic Capacity			Total hours	13.17
MAX HRS 15						
Day	Workout Category	Sport	Activity	Workout description	Minutes of activity	Workouts this week
Monday	School					SC
	C6 LONG	XC	RUN	LONG RUN	75	SC
	C2	HOCKEY	PRACTICE	LOTS OF STUFF	50	SC
Tuesday	School			CHEMISTRY TEST		C6 Long
	SC	ROWING	WEIGHT ROOM	STRENGTH AND CONDITIONING	75	C6 Long
	C6 LONG	XC	RUN	LOG TRAIL RUN	75	C5/6
Wednesday	School					C5/6
	C1/2	HOCKEY	GAME	GAME	75	C3/4

5.

WHAT TYPE OF WORKOUT DID I DO???

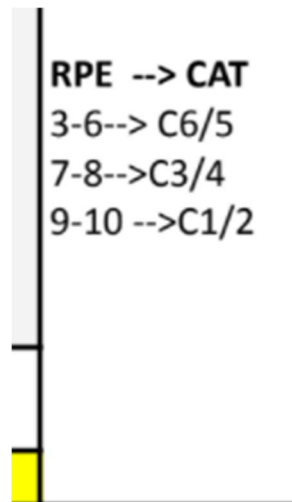
In order to figure out what a hockey practice or swimming etc. is classified as for type of workout, you can use the Perceived Exertion scale. We provide you with a rough conversion to the type of workouts we have in organized sport that uses categories of training. Most of you probably do a sport that uses this but your coaches may not explain it that way. I know many coaches like running and swimming coaches use our same category scale as in rowing.

So if you have a volleyball practice, and you may have a challenging warmup but most of the time you're able to talk freely and hold a short conversation for most of your 75 minutes of practice... that is a 3 or 4 on the RPE scale. That is translated to a category 6 or maybe a 5 if its a harder practice.

Then you can cross of a CAT 6/5 workout from your list on the schedule you've got for the week.

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Perceived exertion to rowing CAT of training
For example a MAXIMUM EFFORT is considered CAT 1 workout.



SO TO SUMMARIZE:

- You will get a list of workouts for each week showing supervised workouts where we can
- Add in other sports you have that week and school stuff that is important
- Figure out what type of workout your other activities count as
- Cross off the appropriate Workout from your list
- Plug in the remainder of workouts into the blanks on your schedule and do a workout that is the correct intensity when you are supposed to.

Any questions we can talk during a supervised workout or get in touch with me.