

**INTENSITY CHART FOR WORKOUTS – Choose one Workout from the suggestions column – track your heart rate to make sure you're IN THE ZONE!!**

Intensity Category	Approx. Heart Rate Range	Duration, One piece (Minutes)	Ratio: Work: Recovery	Goals of the Training Intensity	Suggested Workouts (SR = Stroke Rate) ideal race pace is 32SPM)
<b>C1</b>	180-max	0.5-1.5	1:4-1:5	<b>Anaerobic Capacity</b> Ability and Feeling of the Start Sprint Speed Aggression	6 x 500 m (with starts) Interval Training (short pieces) - 8x30 strokes max effort 3min rest - 6x60 strokes 5 min rest - 10x 1minute sprint , 3minute rest SR - Greater than Race
<b>C2</b>	180-max	2-7	1:2-1:3	<b>Race Endurance</b> Race speed feeling Race Attitude/race plan	Race over 1,500 - 2,000 m 6 x 2 min 3 x 1000 m 5 x 750m SR - Racing Stroke Rate <b>+ RACE PREP WORKOUTS</b>
<b>C3</b>	180-max	6-10	2:1-1:2	<b>Anaerobic Capacity</b> Strength Endurance Tactics Technique	4x7 min 3 x 2000 m constant speed Strength-endurance training on-water SR: 2-4 less than racing SR <b>ANAEROBIC CAPACITY WORKOUTS</b>
<b>C4</b>	165-175	10-45	4:1	<b>ANAEROBIC THRESHOLD</b> Development of aerobic capacity Efficiency Strength endurance	2x20 min with sr-change 3x5 km time-control 10 km time-control SR: 3-6 less than race SR <b>Pyramids, Stairs, Castles</b>
<b>C5</b>	150-160	30-90	N/A	Basic endurance Maintenance Coordination of movements	30 - 90 min steady state SR: 10-12 less than race SR <b>FARTLEK – (see next sheets)</b>
<b>C6</b>	135-150	> 50 after warmup	N/A	Regeneration Maintenance Coordination of movements Technique	50 - 120 min steady state at low intensity SR: 18-24

**C4 - Anaerobic Threshold.** Some longer pieces are broken up into smaller segments

Pyramids. Rate increases at smaller intervals to a point, then drops down again.

- 3 x 19 minutes (rate change at 4', 3', 2', 1', 2', 3', 4'), 4 minutes rest.
- 4 x 11 minutes (rate change at 3', 2', 1', 2', 3'), 3 minutes rest.
- 5 x 2000 meters (change rate every 500 meters), 3 minutes rest.
- 4 x 2500 meters (change rate every 500 meters), 3 minutes rest.
- 3' on/3' off, 4'on/4'off, 5'on/5'off, 4'on/4'off, 3'on/3'off
- 2 x 29 minutes (rate changes at 5', 4', 3', 2', 1', 2', 3', 4', 5'). : +16, +18, +20, 22. +4, +7, +10, +13, +16. 2 minutes rest between pieces.

Staircase. Rate increases at regular intervals

- 4 x 10 minutes (rate increases every 2 minutes), 3 minutes rest.
- 2 x 24 minutes (18, 20, 22, 24, 20, 22, 24, 26 with rate changing every 3 minutes), 4 minutes rest.
- 5 x 2000 meters (rate increases every 500 meters), 3 minutes rest.
- 4 x 2500 meters (rate increases every 500 meters), 4 minutes rest.

Castles. Rate increase and decrease at regular intervals.

- 3 x 20 minutes (rate alternates between a high rate and low rate every 2 minutes), 3 minutes rest.
- 3 x 18 minutes (rate alternates between a high rate and low rate every 2 minutes), 3 minutes rest.

Time.

- 3 x 20 minutes. 3 minutes rest.
- 3 x 15 minutes. 3 x (2' at 22, 2' at 24, 1' at -4), 3 minutes rest.

Distance

- 2 x 5000 meters with a time limit, 3 minutes rest.
- 3 x 2500 meters trying to get same time for each piece, 4 minutes rest.
- 3 x 3500 meters. First piece at 24, next at 22, last at 20. 4 minutes rest.

#### **C5 - Fartlek**

6000 meters. Row steady state with 100 meter bursts every 500 meters 20 x 1 minute on, 1 minute easy  
15 x 1 minute on, 2 minutes easy These pieces should be completed at 4 seconds below to 4 seconds above your 2k Test average split.

**C3 - Anaerobic Capacity.** Pieces become shorter and intensity increases.

14 x 1 minute hard, 30 seconds easy

7 x 6 minutes. 3' at 22, 2' at 25, 1' at 28. 2 minutes rest. To make this more challenging, do this continuous with no rest between pieces.

4 x 10 minutes. 8' at 26, 2' at 20. 2 minutes rest. To make this more challenging, do this continuous with no rest between pieces.

4 x 10 minutes. 8' at +2, 2' at +14. 2 minutes rest. To make this more challenging, do this continuous with no rest between pieces.

5 x 4 minutes at low rate, but high power. 1 minute paddle between each piece.

45 minutes at vent 10, low rate. 5 x 9 minutes. 8' at 22, 1' at 26. 3 minutes rest.

44 minutes broken down into 18' at +7, 12' at +10, 6' at +2, 4' + 12, 4' at TP. 2 minutes active rest. 24 minutes broken down into 5' at 24, 4' at 26, 3' at 28, 3' at 28, 4' at 26, 5' at 24. 2 minutes active rest.

**C2 - Race Endurance**

5 x 750 meters, 3 minutes rest.

4 x 1000 meters, 4 minutes rest.

4 x 1250 meters. First 500 meters at +12, last 750 meters at -6. 5 minutes rest.

4 x 800 meters. Negative splits - last 400 meters should be 5 seconds faster on split than first 400 meters. 3 minutes rest.

6 x 3 minutes, 2 minutes rest.

3 x 6 minutes. 1' at +4, 1' at +2, 1' at TP, 1' at +2, 1' at -1, 1' at -2. 4 minutes rest.

3 x [ 3x (10 on/off, 20 on/off, 30 on/off, 20 on/off, 10 on/off) ] \* these are number of strokes.

40 minutes. First 10' at 35" on/25" off, next 10' at 40" on/20" off, next 10' at 45" on/15" off, last 10' at 50" on, 10" off. No rest.

*These pieces should be completed at 2 seconds below to 6 seconds above your 2k Test average split.*

**Test Preparation**

1 x 2000 meters at +12, 3 x 750 meters at +5, 6 x 500 meters at -2. 2 minutes rest between each.

5 x 750 meters at 2k test pace. 6 minutes rest.

1 x 6000 meters at +12, 1 x 4000 meters at TP. 2 minutes rest between each