



Week	If you have not been training consistently, use this plan		
DAY	Warmup	Work Set	Cooldown
1	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
2	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
3	1 x 10 min, 70% HRmax /RPE 4.5	Taper HIT Intervals 4 x 1 min at target stroke rate and pace , 1 min rest	1 x 10 min, 70% HRmax /RPE 4.5
4		Rest, no workout	
5	1 x 10 min, 70% HRmax /RPE 4.5	Taper endurance workout 1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
RACE DAY		Race Day: Warmup 1 x 10 min, 70% HRmax / RPE 4.5, Finishing 10 min before the race, rest, Race at target stroke rate and pace	

If you consistently train, use this plan		
Warmup	Work Set	Cooldown
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	Taper HIT Intervals 4 x 1 min at target stroke rate and pace , 1 min rest	1 x 10 min, 70% HRmax /RPE 4.5
	Rest, no workout	
1 x 10 min, 70% HRmax /RPE 4.5	Taper endurance workout 1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
	Race Day: Warmup 1 x 10 min, 70% HRmax / RPE 4.5 Finishing 10 min before the race, rest, Race at target stroke rate and pace	

Always check with your physician before starting a new workout plan!