

Coach Kaehler
Endurance Sports Coaching(c)

	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
WEEK 01	MAX POWER	STEADY STATE	THRESHOLD	OFF/"or" S/S	STEADY STATE	INTERVALS	LONG ROW
	Intensity (E)	Intensity (E)	Intensity (M)		Intensity (E)	Intensity (H)	Intensity (E)
SESSION 1	5 x (10 x 200m) R= 2' 200m = (100m at 26/ 100m paddle) repeat this 10 x then rest 2 min repeat for 5 sets w/u x 10 minutes	3 x 20' R = 2' between 20' sets 20' = 4 x (4' at 20/1' at 24)	2 x (3 x 2k) R= 90" between each 2k then; R= 8' between sets. 2k = 1500m at 26 500m at 28	OFF "or" If you do not want today off then repeat Day 02 here.	2 x 30' R = 2' 30' = 6 x (4' at 20/1' at 24)	2 x (5 X 500m) R = 2' between pieces and then 5 minutes between the 5 x 500m sets. Rating should be 28-30 SPM range Looking for 10 consistent pieces. Your last piece average should be within 1 second of your first piece.	2 x 40' R = 3-4' 40' = 4 x (5'/3'/2') Both pieces at (18/20/22)
	*Max power per stroke						
SESSION 2		1 x 40' easy s/s				1 x 40' easy s/s	
WEIGHTS	WEIGHTS	DWU	DWU		WEIGHTS	DWU	
NOTES							
NOTES							