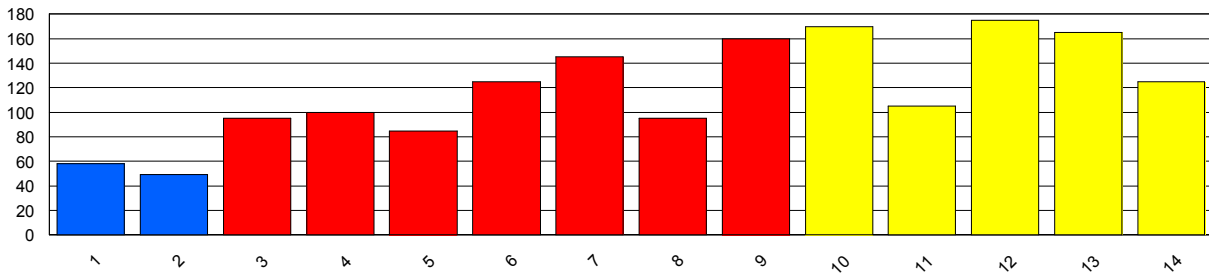


Fitness Plan for Hede Hodo

Dördüncü Planım
20 Eki, 2008 - 26 Oca, 2009



Week	Optional				Optional			Total
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Wk 1 20 Eki	2000m T	2000m T	Rest	3000m T	Rest	2000m T	4000m T	wk 1 13.000
Wk 2 27 Eki	Rest	2000m T	Rest	3000m T	Rest	2000m T	4000m T	wk 2 11.000
Wk 3 3 Kas	Rest	20min SLT 2x2'r3'	Rest	25min E	Rest	20min SLT 2x2'r3'	30min E	wk 3 95
Wk 4 10 Kas	Rest	25min SLT 3x2'r3'	Rest	25min SLT 2x2'r3'	Rest	20min SLT 4x2'r3'	30min E	wk 4 100
Wk 5 17 Kas	Rest	20min E	Rest	20min E	Rest	20min E	25min E	wk 5 85
Wk 6 24 Kas	Rest	25min SLT 4x2'r3'	20min E	25min SLT 2x2'r3'	Rest	25min SLT 4x2'r3'	30min SLT 2x2'r3'	wk 6 125
Wk 7 1 Ara	Rest	25min SLT 5x2'r2'	20min E	30min SLT 3x2'r3'	Rest	30min SLT 6x2'r2'	40min SLT 4x2'r3'	wk 7 145
Wk 8 8 Ara	Rest	20min E	Rest	25min E	Rest	20min E	30min E	wk 8 95
Wk 9 15 Ara	Rest	30min TL 2x3'r3'	20min E	35min SLT 3x2'r3'	Rest	30min TL 2x3'r4'	45min SLT 5x2'r3'	wk 9 160
Wk 10 22 Ara	Rest	30min PS 2x30'r3'	20min E	40min SLT 3x2'r3'	Rest	30min TL 2x3'r4'	50min SLT 6x2'r3'	wk 10 170
Wk 11 29 Ara	Rest	25min E	Rest	25min E	Rest	20min E	35min E	wk 11 105
Wk 12 5 Oca	Rest	30min PS 2x20'r4'	20min E	40min SLT 3x2'r3'	Rest	30min TL 3x3'r3'	55min SLT 8x2'r3'	wk 12 175
Wk 13 12 Oca	Rest	30min PS 3x20'r4'	20min E	30min SLT 3x2'r3'	Rest	25min TL 4x3'r3'	60min SLT 6x2'r3'	wk 13 165
Wk 14 19 Oca	Rest	20min E	Rest	30min E	Rest	Rest	75min E	wk 14 125

Code	Type	Description	HR Band	SR Band	Warm-Up/Down
PS	Power Shift	Easy with shifts to MaxSS	160 - 179	31 - 34	750 / 500
TL	Tempo Load	¾ pressure at UT HR	141 - 160	27 - 30	500 / 500
SLT	Slow Tone	Slow ¾ pressure	122 - 150	18 - 22	500 / 750
E	Easy	Easy row for maintenance	113 - 141	23 - 26	500 / 500
T	Technique	Focus on Technique only	94 - 113	18 - 22	0 / 0

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