

*** Departure date mid-week, plan for this.

McMaster University Rowing Camp 2013

Women's Schedule

Date	Time	Warm-up	Boat	Description	KM
Sun 25	5:30pm	n/a	n/a	BBQ at Leander Boat Club	n/a
Mon 26	5:20am	4k std	TBD	First practice long technical	20
Mon 26	8:00am	4k std	TBD	12k technical	16
Mon 26	4:00pm	n/a	n/a	Nutrition seminar	n/a
Mon 26	5:15pm	19' erg	erg	2 x 29' pyramid (5', 4', 3', 2', 1', 2',...), 24-32-24spm, 5' rest	20
Tue 27	5:20am	4k std	TBD	Second practice long technical	20
Tue 27	8:00am	4k std	TBD	12k technical	16
Tue 27	4:00pm	19' erg	S & C	Strength and conditioning introduction	5
Wed 28	5:20am	4k std	TBD	Third practice long technical	20
Wed 28	8:00am	4k std	TBD	12k technical	16
Wed 28	4:00pm	n/a	n/a	Core engagement seminar	n/a
Wed 28	5:15pm	19' erg	erg	2 x 2k (1st & 3rd 500m @ Race pace, 2nd & 4th 500m @ +4" Race pace)	10
Thur 29	5:20am	4k std	TBD	4th practice long technical	20
Thur 29	8:00am	4k std	TBD	12k technical	16
Thur 29	4:00pm	19' erg	S & C	Strength and conditioning 1RM testing	5
Fri 30	5:20am	4k std	TBD	Fifth practice long technical	20
Fri 30	8:00am	4k std	TBD	12k technical	16
Fri 30	4:00pm	n/a	n/a	Finish technique seminar	n/a
Sat 31	AM	19'	erg	2k ergometer test	5
Sat 31	6:00pm	4k std	TBD	12k technical	12
Sun 1	AM	19'	erg	6k ergometer test	9
Sun 1	6:00pm	4k std	TBD	12k technical	12
Mon 2	5:20am	4k std	TBD	8 x 70 stroke pieces, 20-22-24-26-28-26-24-22spm	16
Mon 2	8:00am	4k std	TBD	12k technical	16
Mon 2	4:00pm	n/a	n/a	Rhythm seminar	n/a
Mon 2	5:15pm	19' erg	erg	2 x 29' pyramid (5', 4', 3', 2', 1', 2',...), 24-32-24spm, 5' rest	20
Tue 3	5:20am	4k std	TBD	16k technical row	20
Tue 3	8:00am	4k std	TBD	12k technical	16
Tue 3	4:00pm	19' erg	S & C	S & C week 1	5
Wed 4	5:20am	4k std	TBD	4 x 2k team time trial, 24spm and 26spm	16
Wed 4	All day			Clubsfest	
Wed 4	4:00pm	n/a	n/a	Catch seminar	n/a
Wed 4	5:15pm	11' erg	erg	40' row out	8
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