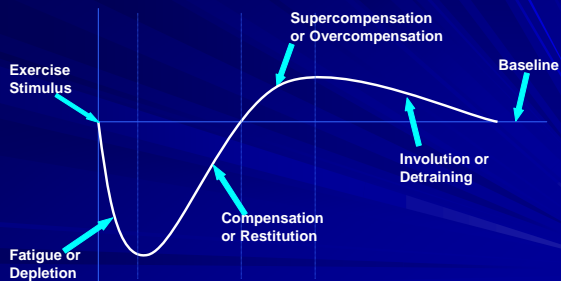


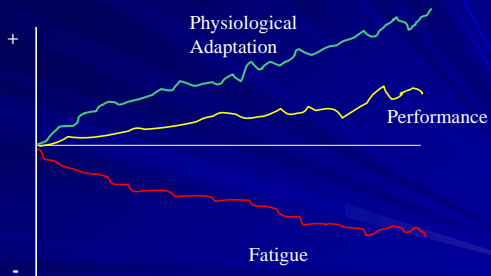
Planning a Microcycle

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SUPERCOMPENSATION CURVE



Training Response





Recovery and Adaptation Times

	Intensity (% 1RM)	Volume (total reps)	Recovery (hours)
Beginners	50-60	30-40	24-48
Bodybuilding	60-80	40-60	72 hrs-7 days
Strength Training	70-85	20-30	36-96
Maximum Strength	90-100	3-10	24-96
Eccentric Training	100-140	3-9	7-14 days

Recovery and Adaptation Times

	Intensity (% VO2 max)	Volume (total minutes)	Recovery (hours)
Anaerobic	101-140	6-10	48-96
VO2 max	90-100	10-20	24-72
Anaerobic Threshold	70-85	20-60	24-48
Aerobic Threshold	60-70	45-180	12-24

Planning a training week

- The structure of a microcycle depends on the time of the year and the individual needs of the athlete
- Each week needs a clearly defined very specific goal

Dedicated vs Distributed

- Dedicated training
 - Single focus for each training session
 - Traditional in rowing
 - Easiest to plan
 - Creates considerable fatigue
 - May limit total weekly exposures to certain training levels

Dedicated vs Distributed

- Distributed
 - Small amounts of high intensity training done every day
 - Makes planning a workout more difficult
 - Less fatigue accumulation
 - Allows higher volume of intensity work per week

A few things to consider

- Rowers often train at the worst time of the day
 - Early morning
 - Cortisol levels highest
 - Hydration levels low
 - Carb depleted
 - Nervous system arousal low
- Long training blocks not as effective

A few things to consider

- New skills are taught at lower intensity
older skills are refined at higher intensity
- Hardest day either right before or right after day off

Program Design Rules

- One day off per week
- No more than 7 consecutive days of training
- Maintain lower intensities when focusing on higher intensity
 - Maintenance can be accomplished by adding 30 minutes of C6 to a cool down period
- When doing multiple sessions/day do higher intensity first unless it is done before breakfast
- At least 2 hours between training sessions

Program Design Rules

- Strength training should not be done within 2 hours of waking up
- Try to avoid lower body strength session after a high intensity aerobic session
