

Wk. #	Week Starting (Monday)	Tuesday Maximum Effort (MaxEff) % Effort indicated relative to length of interval	Thursday Race Pace	Friday Races	Sun./L.D.	Races
1	30-Mar-09				3 x 20 minutes @ 60%, 72%, 60%	
2	06-Apr-09	Timing, face, posture 3 x 12 (1 minute at 60%/80%/90%) with 1 minute rest between	Timing, bottom arm, feet 4 x 12 (1 minute at 60%/80%/90%) with 1 minute rest between	Race to Jack? Rest and change paddlers. Race back	20 minutes @ 60% 30 minutes @ race 20 minutes @ 60%	
3	13-Apr-09	Timing, top arm 10 x 5 (4 minutes at 60 - 70%, 1 minute at 97%) [total = 10/40]	Timing, rotation, reach, race to Jack and Back	5 x 500m sprint, paddle back, start on last boat back (they get rolling start)	30 minutes @ 70% 30 minutes @ race 30 minutes @ 60%	
4	20-Apr-09	Timing at catch & exit 10 x 5 (3 minutes at 60% - 70%, 2 minutes at 97%) [total = 20/30]	Timing, rotation, reach, out to jack. Race in, change paddlers race to Jack and Back	7 x 500m sprint, paddle back, start on last boat back (they get rolling start)	35 minutes @60% 35 minutes @ race 30 minutes @70%	
5	27-Apr-09	Quick, concise changes. 10 x 5 (2 minutes at 60% - 70% 3 minutes at 97%) [total = 30/20]	Quick, concise changes. 2 x Jack and back	10 x 500m sprint, paddle back, start on last boat back (they get rolling start)	Race the Duel Course. Timed	
6	04-May-09	Quiet at catch and exit 10 x 5 (1 minute at 60% - 70%, 4 minutes at 97%) [total = 40/10]	Race strategy, starts, power	Rigging	Duel small boat	Duel in the Desert
7	11-May-09	Long, easy paddle. Maybe work on sprint turns	3 x 20 minute seat races [total = 60]	3 x 1,000m sprint with turn, easy paddle back to opposite end of course	Double Hull	
8	18-May-09	Bold at MaxEff/1 minute easy 4/1/2/1/3/1/4/1/5/1/6/1/7/1/8/1/9/1/10/1 [total = 55/10]	5 x 15 minute seat races [total = 75]	5 x 1,000m sprint with turn, easy paddle back to opposite end of course	Re-do Duel course. Timed	Jericho Iron
9	25-May-09	Bold at MaxEff/1 minute easy 3 x (5/1/4/1/3/1/2/1/1/1) [total = 45/15]	4 x 20 minute seat races [total = 80]	7 x 1,000m sprint with turn, easy paddle back to opposite end of course	3 x 40 minutes, 2 minutes rest to even boats out	
10	01-Jun-09	Bold at MaxEff/1 minute easy 2 x (1/1/2/1/3/1/4/1/4/1/3/1/2/1/1/1) [total = 40/16]	3 x 30 minute seat races [total = 90]	Jack and Back race	2 x 60 minutes, 2 minutes rest to even boats out	
11	08-Jun-09	One hour at "close to race pace", every 5 minutes do 4 changes at 100% [total = 12/48]	2 x Jack and Back. Timed	Dueling Starts 15 starts plus 1.5 minutes @ 100%/1.5 minute easy. Boats together @ start	2 x Jack and back, Ski dock and back. Timed	Comox Iron
12	15-Jun-09	One hour at "close to race pace", every 5 minutes do 10 strokes at 150% [total = 2/58]	3 x Jack and Back. Timed	Dueling Power Series 45 minutes. Every 3 minutes do (4 x 6 tach/6 power) power series. Boats together @ power	2 x Jack and back, Ski dock and back. 1 x Jack and Back. Timed	Kalamalka Small Boat Race
13	22-Jun-09	75 minutes at "close to race pace", every 5 minutes do power series at 100% [total = 18/57]	Jack and back, Ski dock and back. Timed		Kaloden and back. Timed	Lotus Iron
14	29-Jun-09	75 minutes at "close to race pace", every 5 minutes do 10 strokes at 150% [total = 3/72]	2 x Jack and back, Ski dock and back. Timed		Ponderosa and Back. Timed	
15	06-Jul-09	Bold at MaxEff/1 minute easy 2 x (1/1/2/1/3/1/4/1/5/1/6/1/7/1/8/1/9/1/10/1/11) [total = 50/18]	3 x 20 minute seat races [total = 60] 5 minutes rest in and out of boat (in the water!)		Okanagan Falls Buoy and Back. Timed	Vancouver Iron
16	13-Jul-09	15 x 5 (1 minute at 60% - 70%, 4 minutes at MaxEff) [total = 60/15]	3 x 20 minute seat races [total = 60] water changes between pieces		2 hours 30 minutes with water changes every 15 minutes	Kelowna Small Boat Race
17	20-Jul-09	Bold at MaxEff/1 minute easy 2/1/3/1/4/1/5/1/6/1/7/1/8/1/9/1/10/1/11 [total = 65/10]	2 x 30 minute seat races at MaxEff (total = 60) water changes before, during and after pieces.		3 hours with water changes every 15 minutes	Howe Sound Downwind (FCRCC)
18	27-Jul-09	Bold at MaxEff/1 minute easy 4 x (5/1/4/1/3/1/2/1/1/1) [total = 60/20]	Practice starts. Easy water changes. Power series.		5 hours with water changes every 15 minutes	Vernon Freshwater Long Distance
19	03-Aug-09	Easy paddle if you raced Vernon.	Easy paddle if you raced Vernon. Paddle for entire race time of Vernon crew if you didn't...		2 hours non-stop	
20	10-Aug-09	Bold at MaxEff/1 minute easy 3 x (1/1/2/1/3/1/4/1/4/1/3/1/2/1/1/1) [total = 60/24]	60 minutes at race pace (unless you're doing CDN Nationals). Could be jack - back - hank - back		2 hours 15 minutes non-stop	CDN Iron Nationals (Vancouver Island)
21	17-Aug-09	75 minutes at "close to race pace", every 5 minutes do 4 changes at 100% [total = 15/60]	75 minutes at race pace. Short breaks to hydrate every 25 mins		2 hours 30 minutes non-stop	Rattlesnake Small Boat Race
22	24-Aug-09	75 minutes at "close to race pace", every 5 minutes do 10 strokes at 150% [total = 3/72]	3 x (3 x 10 minutes) 1st) 80/90/race 2nd) 90/race/90 3rd) 80/90/race		3 hours non-stop	
23	31-Aug-09	90 minutes at "close to race pace", every 5 minutes do 10 strokes at 150% [total = 4/86]	5 x 15 minute race pieces with start - either static, or moving off beach (like length)	Dragon boat practice	3 hours 15 minutes non-stop	
24	07-Sep-09	Dragon boat practice	Dragon boat practice		2 x 2 minute race pieces in dragon boat OR 3 hours 30 minutes non-stop	Penticton Dragon Boat
25	14-Sep-09	90 minutes at "close to race pace", every 5 minutes do 4 changes at 100% [total = 18/72]	6 x 15 minute race pieces with start - either static, or moving off beach (like length) working on maintaining tempo		2 hours 30 minutes non-stop	
26	21-Sep-09	Taper	Taper	Taper		Length of the Lake
27	28-Sep-09	Easy paddle if you raced Length	Easy paddle if you raced Length. Paddle for entire race time of length crew if you didn't...			Sun Oka Small Boat Race