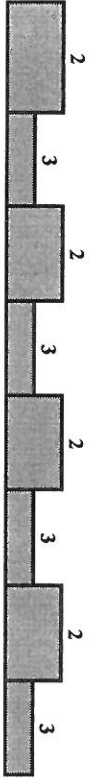


CASTLE 4 POINT UP

U2 CA4P 1 / 24-20-24-20-24-20-24-20 19 min
 U2/U1 CA4P 2 / 26-22-26-22-26-22-26-22 19 min
 U1/AT CA4P 3 / 28-24-28-24-28-24-28-24 19 min



EXTENDED CASTLE 4 POINT UP

U2 EXC4P 1 / 20-22-26-22-20-22-26-22-20 16min
 U2 EXC4P 2 / 22-24-28-24-22-24-28-24-22 16min
 U2/U1 EXC4P 3 / 24-26-30-26-24-26-30-26-24 16min
 U2/AT EXC4P 4 / 26-28-32-28-26-28-32-28-26 16min



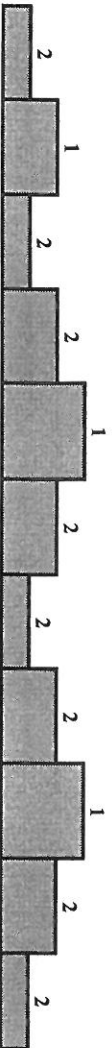
PYRAMID 4POINT UP

U2/U1 PYR4P 1 / 20-22-26-22-20 16min
 U2/U1 PYR4P 2 / 22-24-28-24-22 16min
 U1/AT PYR4P 3 / 24-26-30-26-24 16min



PYRAMID CASTLE 4 POINT UP

U2 PYC4P 1 / 20-22-20-22-26-22-20-22-26-22-20 19min
 U2 PYC4P 2 / 22-24-22-24-28-24-22-24-28-24-22 19min
 U2/U1 PYC4P 3 / 24-26-24-26-30-26-24-26-30-26-24 19min



STAIRCASE

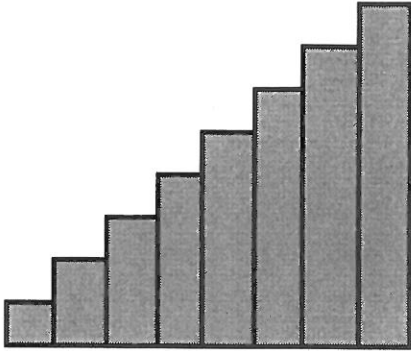
U2 to A1STA 1 18-20-22-24-26-28-30-32 8 min
 1' 1' 1' 1' 1' 1' 1' 1'

U2 to A1STA 2 20-22-24-26-28-30-32-34 8min

U2 to A1STA 3 22-24-26-28-30-32-34-36 8min

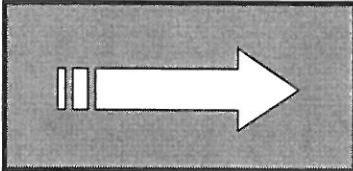
U2 to A1STA 4 30-32-34-36 8 min
 2' 2' 2' 2'

AT to T1STA 5 32-34-36-38-40 4 min
 30" 30" 2' 30" 30"
 30" 30" 30" 30" 2'



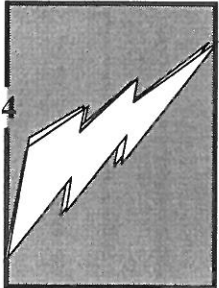
CONTINUOUS

U2 CON 1 / 20 mins @ 18 or 20
 U2 CON 2 / 20 mins @ 22 or 24
 U2 CON 3 / 14 mins @ 22 or 24
 U2 / U1 CON 4 / 14 mins @ 24 or 26



SPEED

TR SPD 1 / 20 on 8 off x 10, 2 sets @ 34-36
 TR SPD 2 / 10 on 10 off, 20 on 20 off, 30 on 10 off @ 36-44
 TR SPD 3 / 40 on 20 off x 6 @ 34-40
 TR SPD 4 / 30 on 15 off x 8 @ 36-44
 TR SPD 5 / 17 on 5 off x 20 @ 34-40
 TR SPD 6 / 10 Over speed @ 46 +
 eg: with rope 4- 4x 8+ 1x 2x 2-

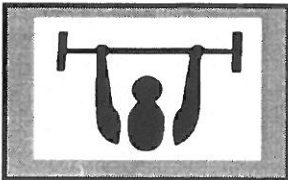


U1 / AT	ROP 1	4'	3'	2'	
		22	24	26	20 22 24
U1 / AT	ROP 2	2'	3'	4'	
		22	24	26	20 22 24
AT	ROP 3	3'	2'	1'	
		24	26	28	22 24 26



POWER STROKES { RB }

eg: with rope
 AT RB 1 5 X 20 @ 26
 AT RB 2 5 X 20 @ 28
 AT RB 3 5 X 20 @ 30
 AT RB 4 5 X 20 @ 32

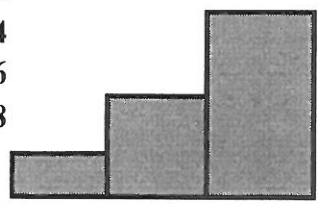


STEP RATES

AT / TR

2000m

STP 1	(1000m - 500m - 500m)	26 - 30
STP 2	(500m - 1000m - 500m)	28 - 32
STP 3	(250m - 250m - 1000m - 250m - 250m)	26 - 34
STP 4	(250m - 250m - 500m - 500m - 250m - 250m)	26 - 36
STP 5	(500m - 250m - 250m - 250m - 250m - 250m - 250m)	26 - 38



1000m

STP 6	(500m - 250m - 250m)	28 - 32
STP 7	(250m - 500m - 250m)	28 - 32

500m

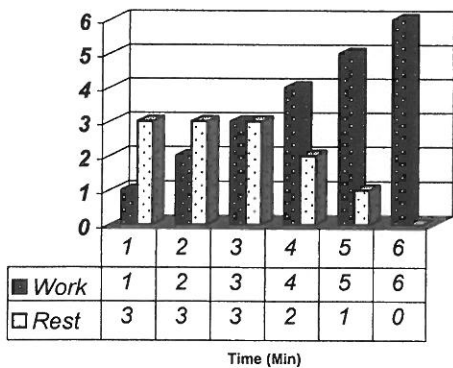
STP 8	(250m - 250m)	30 - 38
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2000m

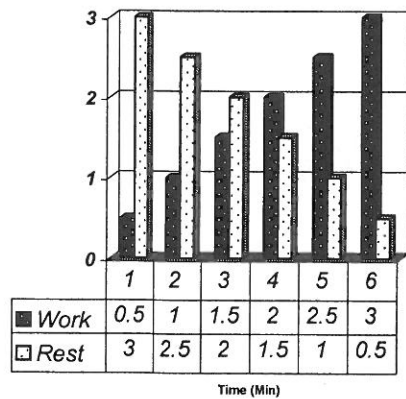
STP 4 a	(250m - 250 - 500m - 500 m - 250m - 250m)	32	30	32	34	36	38	
STP 5 a	(500m - 250m - 250m - 250m - 250m - 250m - 250m)	32	30	32	34	36	38	40
STP 5 b	(500m - 250m - 500m - 250m - 500m - 250m)	32	30	32	34	36	38	

LT SESSIONS

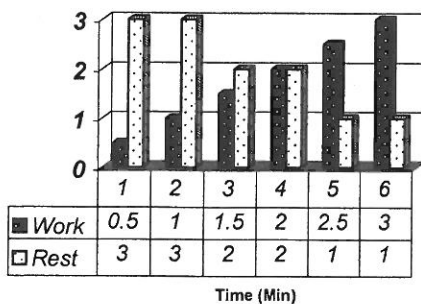
LT 1



LT 2



LT 3

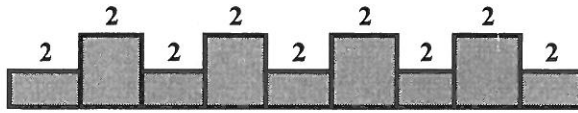


EG: Using LT1 (Work is black/ Rest is white d

- 1 minute Work @ stroke rate prescribed
- 3 min Rest @ U3 pace (SR = 17-18)
- 2 minute Work @ stroke rate prescribed
- 3 min Rest @ U3 pace (SR = 17-18)
- 3 minute Work @ stroke rate prescribed
- 3 min Rest @ U3 pace (SR = 17-18)
- 4 minute Work @ stroke rate prescribed
- 2 min Rest @ U3 pace (SR = 17-18)
- 5 minute Work @ stroke rate prescribed
- 1 min Rest @ U3 pace (SR = 17-18)
- 6 minute Work @ stroke rate prescribed

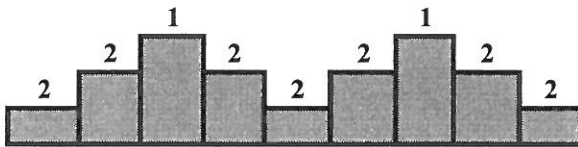
CASTLE

U2	CAS 1 / 18-20-18-20-18-20-18-20-18	18min
U2	CAS 2 / 20-22-20-22-20-22-20-22-20	18min
U2	CAS 3 / 22-24-22-24-22-24-22-24-22	18min
U2 / U1	CAS 4 / 24-26-24-26-24-26-24-26-24	18min



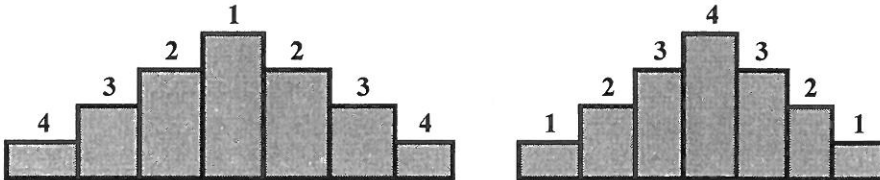
EXTENDED CASTLE

U2	EXC 1 / 18-20-22-20-18-20-22-20-18	16min
U2	EXC 2 / 20-22-24-22-20-22-24-22-20	16min
U2 / U1	EXC 3 / 22-24-26-24-22-24-26-24-22	16min
U2 / U1	EXC 4 / 24-26-28-26-24-26-28-26-24	16min
U1 / AT	EXC 5 / 26-28-30-28-26-28-30-28-26	16min



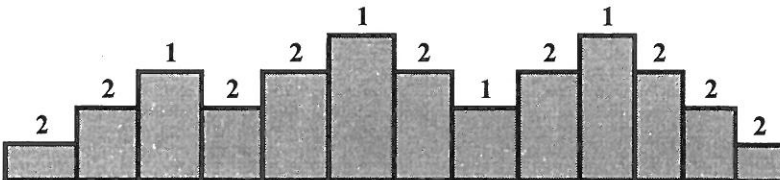
PYRAMID

U2	PYR 1 / 18-20-22-24-22-20-18	19min
U2 / U1	PYR 2 / 20-22-24-26-24-22-20	19min
U2 / U1	PYR 3 / 22-24-26-28-26-24-22	19min
U1 / AT	PYR 4 / 24-26-28-30-28-26-24	19min



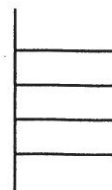
PYRAMID CASTLE

U2	PYC 1 / 18-20-22-20-22-24-22-24-22-24-22-20-18	22min
U2	PYC 2 / 20-22-24-22-24-26-24-26-24-26-24-22-20	22min
U2 / U1	PYC 3 / 22-24-26-24-26-28-26-28-26-28-26-24-22	22min
U1 / AT	PYC 4 / 24-26-28-26-28-30-28-30-28-30-28-26-24	22min



LADDER

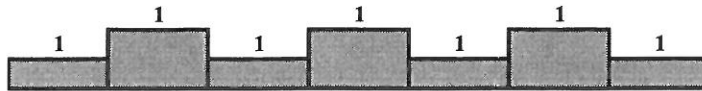
U1	LAD 1 / 4 X 20 on / 8 off @ 26, rest 5mins
U1 / AT	LAD 2 / 5 X 20 on / 8 off @ 28, rest 5mins
AT	LAD 2 / 6 X 20 on / 8 off @ 30, rest 5mins
AT / TR	LAD 4 / 7 X 20 on / 8 off @ 32, rest 5mins



POWER WORK OUTS WITH ROPE LOOKING FOR MAX BOAT DISTANCE PER STROKE

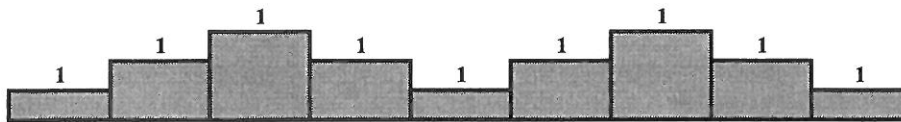
POWER CASTLE

U2	P CAS 1	22-20-22-20-22-20-22-20	7min
U2	P CAS 2	24-22-24-22-24-22-24-22	7min
U2 / U1	P CAS 3	26-24-26-24-26-24-26-24	7min



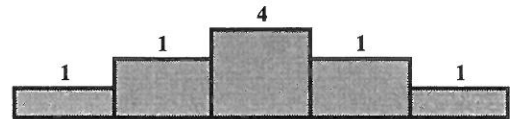
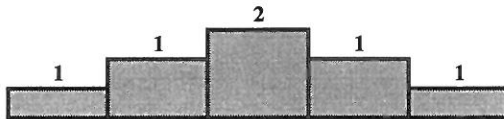
POWER EXTENDED CASTLE

U2	PEXC 1 /	20-22-24-22-20-22-24-22-20	9min
U2	PEXC 2 /	22-24-26-24-22-24-26-24-22	9min
U2 / U1	PEXC 3 /	24-26-28-26-24-26-28-26-24	9min
U2 / AT	PEXC 4 /	26-28-30-28-26-28-30-28-26	9min



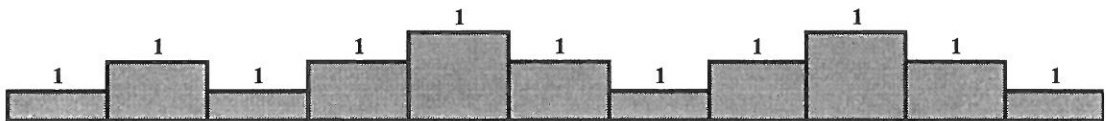
POWER PYRAMID

U2 / U1	PPYR 1 /	20-22-24-22-20	6min	8min
U2 / U1	PPYR 2 /	22-24-26-24-22	6min	8min
U1 / AT	PPYR 3 /	24-26-28-26-24	6min	8min



POWER PYRAMID CASTLE

U2	PPYC 1 /	20-22-20-22-24-22-20-22-24-22-20	11min
U2	PPYC 2 /	22-24-22-24-26-24-22-24-26-24-22	11min
U2 / U1	PPYC 3 /	24-26-24-26-28-26-24-26-28-26-24	11min



ZONE	%VO _{2max}	%VO _{2R} %RFR	%HR _{max}	Perceived Exertion	Predominant Power System	CARBOHYDRATE		Blood [Lactate] (mM)	% of LT 2 HR	Lactate Transition Zones (LT)
						Predominant Fuel Use	FAT			
T6	NA	NA	NA	Maximal Exertion	Aerobic Phosphagen Fast Glycolytic	Phosphagen Carbohydrate		NA	NA	Above LT 2 ($> \text{VO}_{2\text{max}}$)
T5	> 86%	> 86%	> 92%	Very Hard	Aerobic Slow Glycolytic	Carbohydrate		> 6.0	> 102%	Above LT 2 ($2 \text{VO}_{2\text{max}}$)
T4	83-86%	83-86%	90-92%	Hard	Aerobic Slow Glycolytic	Mostly Carbohydrate		4.0-6.0	96-102%	LT 2
T3	75-83%	75-83%	85-90%	Somewhat Hard	Aerobic Slow Glycolytic Lipolytic	Carbohydrate Fat		3.0-4.0	86-95%	Upper half between LT 1 & LT 2
T2	60-75%	58-75%	75-85%	Light	Aerobic Slow Glycolytic Lipolytic	Carbohydrate Fat		2.0-3.0	80-85%	Lower half between LT 1 & LT 2
T1	36-60%	30-58%	60-75%	Very Light	Aerobic Lipolytic	Mostly Fat		< 2.0	< 80%	Below LT 1