

Hereford Rowing Club														
Womans training schedule 2012														
	January				February					March				
Week com.	1st	8th	15th	22nd	29th	5th	12th	19th	26th	4th	11th	18th	25th	
sun			8AM river training	8AM river training	Stourport Head	8AM river training	8AM river training	boat rig & river trip	8AM river training	boat rig	8AM small boats tech.	8AM small boats tech.	regatta boat selection	
mon					boat rig									
tue		5k erg (R24) test	Weights schedule 1	Ergo on trays	Weights circuit 1	5k erg (R free) test	Weights circuit 1	Ergo on trays	speed circuit 2		small boats tech.	small boats tech.	river tech trip	
wed														
thu		Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	Flex circuit for all	6x500m intervals	6x500m intervals	river tech trip	
fri							boat load		boat load					
sat				boat load			Worcester Head		Woman's HOR					
Supplementary sessions per week		5k run	5k run	5k run	5k run	5k run	5k run	5k run	5k run	5k run	5k run	5k run	5k run	
		cross training your choise	cross training your choise	cross training your choise	cross training your choise	cross training your choise	cross training your choise	cross training your choise	cross training your choise	X	cross training your choise	cross training your choise	cross training your choise	cross training your choise
Note: Five training sessions per week upto Tideway.														