

Training plan 2015-16






Week	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8
Face																								
Hours	10	12	12	12	12	12	16	22	24	18	12	16	22	20	20	12	18	20	30	20	12	16	16	20
Workouts	6	6	8	8	8	8	11	11	12	12	6	9	12	10	11	7	10	10	14	14	8	10	9	12
Workouts in boat or C2	6	6	7	7	7	8	7	7	7	7	4	7	10	7	6	3	6	5	3	3	3	6	5	11
Time in boat or C2	6	6	7	7	7	8	11	11	11	11	6	11	15	10	10	4	8	7	3	3	3	6	6	17
Km	80	100	60	60	100	110	80	130	130	130	70	120	160	120	120	40	100	60	40	40	70	70	60	210
2000 m races		6						1													1			
Workout I1	6	4	4	4	4	4	7	6	6	6	6	6	8	6	6	5	5	5	10	10	6	6	6	7
Workouts I2	0	0	0	0	0	1	1	1	1	1	1	0	1	0	1	0	1	1	1	1	1	1	1	1
Workouts I3	1	0	0	0	0	1	1	1	1	1	1	1	2	1	1	1	1	1	1	2	1	1	2	2
Workouts I4	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	0	1	1	1	0	1
Workouts I5	0	0	0	0	0	1	0	0	0	0	0	0	1	1	1	0	1	1	0	0	0	0	0	0
Workouts I6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
Individualization - workout	0	0	0	0	0	0	3	3	3	3	3	3	2	2	3	0	3	3	2	2	2	0	1	2
Weights - workouts	1	1	1	1	1	1	3	3	3	3	3	2	2	2	2	1	2	2	2	2	2	2	1	2
Speed training - workouts	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	0	1	1	0	0	0	0	1	1
Core - workouta	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	1	2	2	2	2	2	1	2	2
Remark	*17	*1	*17	*17	*17	*2	*3	*3	*3	*3	*17		*4	*4		*17		*5	*5	*5	*6		*7	*7

- *1 Norwegian Champs
- *2 Gold Cup Philadelphia
- *3 Camp 1 Sierra Nevada Altitude
- *4 Camp 2 Avis
- *5 Camp 3 Seiser Alm Altitude
- *6 NM i C2
- *7 Camp 4 Avis
- *8 Test week
- *9 Camp 5 Avis
- *10 Camp 6 Avis

Only Kjetil

- *11 WC Varese
- *12 Europeans Brandenburg
- *13 FOQR and WC 2 Luzern
- *14 WCPoznan
- *15 Camp 7 Livigno
- *16 OG Rio
- *17 Recovery weeks

9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	
24	12	22	24	24	20	14	20	22	12	14	20	12	20	16	12	6	16	28	20	14	16	16	12	6	
13	7	10	13	14	11	10	12	12	10	9	12	10	12	12	10	4	10	14	14	9	12	12	10	4	
12	4	6	8	12	10	8	10	11	10	8	12	10	11	12	10	3	8	1	13	8	11	11	10	0	
20	4	8	10	18	15	11	14	17	12	12	20	12	18	20	12	3	12	18	16	10	14	14	12	0	
240	45	100	120	200	180	120	150	180	120	150	180	120	150	180	120	30	160	220	200	140	180	160	120	0	
						4				4				4				4							4
7	5	6	7	6	7	7	4	9	4	6	6	4	4	3	4	4	7	8	8	6	5	6	7	3	
2	1	1	1	0	2	2	0	2	2	1	1	2	4	2	2	0	2	1	1	1	2	0	0	0	
2	1	1	2	1	2	2	1	1	2	1	1	2	2	2	2	0	1	2	2	1	2	1	1	0	
1	0	1	1	1	1	1	1	0	0	1	1	0	1	1	0	0	0	2	1	1	1	1	0	0	
0	0	1	1	0	1	1	0	0	0	0	1	0	1	1	0	0	0	1	0	0	1	1	4	0	
0	0	0	0	0	0	0	0	0	1	0	2	1	0	2	1	0	0	0	0	0	1	1	0	0	
2	0	2	2	2	1	1	2	1	0	2	1	0	2	1	0	4	2	2	2	2	1	1	0	2	
2	1	2	2	2	2	2	1	2	0	2	1	0	2	1	0	2	2	2	2	2	1	0	0	1	
2	0	1	1	1	2	2	0	1	0	1	1	0	1	1	0	0	1	1	2	1	1	1	0	0	
2	2	1	2	2	2	2	1	2	1	2	2	1	2	2	1	3	3	3	3	2	2	1	0	1	
	*8	*9	*9		*10	*11			*12			*13			*14	*17	*15	15	*15	*15		*16	*16	*17	

-  Work with basic skill - individually based
-  Work with basic skills - some specific training
-  Specic training - volume
-  Specific training - hig intensity
-  Regatta

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Recovery



Training after altitude

34	35	36		
8	10	14	858 (incl races 893)	
5	5	8	516 (incl races 552)	
2	3	6	378 (incl races 424)	
2	3	8	529 (incl races 570)	
24	36	100	5985 (incl races 6353 km)	
			28 (360 km)	35 tim (ej med i övriga kolumner)
3	3	4	296 90 min in target zone	All workout is 75-120 min long
0	0	1	49 90 min i target zone	
1	1	2	63 45-60 min i target zone	
0	1	1	39 30-50 min i target zone	
0	0	0	20 25-40 min i target zone	
0	0	0	10 6-15 min i target zone	
2	2	2	81 25-12 min in target zone	
1	1	1	82	
0	0	1	35 Intensity I8	
1	2	2	90	
*17	*17			