

**Norges Roforbund**  
**Traning programme, Elite**  
 Early spring 2016

Day/time:	Activity:	Intensity (zone)	Km/time:
<b>Monday 1</b>	A) Steady state	SR 16-20 1	16 km
	B) Change of clothes – filling up with enery		45 min
	C) Steady state	SR 18-22 2	12 km
	D) Stretching		10 min
<b>2</b>	A) Steady state	SR 16-20 1	12-20 km
	B) 2 weight exercies		
	C) Stretching		10 min
<b>Tuesday 1</b>	A) Warm-up	SR 16-26 1	4-6 km
	B) 10 min x 6-8 (rest 3 min)	22-24 3	
	C) Weighs		
	D) Stretching		10 min
<b>2</b>	A) Steady state	SR 18-22 1	16 km
	B) Core		20 min
	C) Stretching		10 min
<b>Wednesday</b>	A) Steady state	SR 18-22 1	12-20 km
	B) Running/cykling	1	45 min
	C) Stretching		10 min
	<i>Rest in the afternoon</i>		
<b>Thursda 1</b>	A) Warm up	SR 18-30 1	4-6 km
	B) 3-2-1 min x 3 x 3 (rest 3 min)	SR 22-24-26 3	
	C) Stretching		10 min
<b>2</b>	<b>Individualization</b>		
<b>Fridag 1</b>	A) Steady state	SR 18-22 1	12-20 km
	B) Weights		
	C) 10 sek supra maxx 5 (rest 1:50) x 2 series (rest 3-5 min between the series) I8		
	D) Stretching		10 min
<b>2</b>	A) Steady state	SR 16-20 1	16 km
	B) Stretching		10 min
<b>Laturday 1</b>	A) Oppvarming	SR 16-30 1,2	8 km
	B) 6 km x 2 (rest 10 min)	SR 26-30 3,4	
	C) Cooling down	SR 16-18 1	6 km
	D) Cykling alt jogging	1	30 min
	E) Stretching		10 min
<b>2</b>	<b>Individualization</b>		
<b>Söndag</b>	A) Steady state	SR 16-20 1	16 km
	B) Change of clothes – filling up with enery		45 min
	C) Steady state	SR 18-22 2	12 km
	D) Stretching		10 min

*Rest in the afternoon*

Good luck - Johan