ROWING Victoria

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Strength and Conditioning

Category	2014 SEP				2014 OCT				2014 NOV					2014 DEC				2015 JAN					2015 FEB				2015 MAR				2015 APR			
Week Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Week Starting Monday	1/09/14	8/09/14	15/09/14	22/09/14	29/09/14	6/10/14	13/10/14	20/10/14	27/10/14	3/11/14	10/11/14	17/11/14	24/11/14	1/12/14	8/12/14	15/12/14	22/12/14	29/12/14	5/01/15	12/01/15	19/01/15	26/01/15	2/02/15	9/02/15	16/02/15	23/02/15	2/03/15	9/03/15	16/03/15	23/03/15	30/03/15	6/04/15	13/04/15	20/04/15
Strength / Conditioning Sessions	2	2	2	2	3	3	3	3	3	3	3	3	3	2	2	2	2	3	3	3	3	3	3	3	3	2	2	2	2	2	1	1	1	1
A, B Grade/ 16+ Years																																		
S+C Intent	Major Strength Conditioning phase or Individual Performance Management																	Power/Endurance Phase or as required by individual													Strength Maintenance			
session 1	base strength	base strength	base strength	base strength	base strength	strength	strength	strength	strength	strength	hypertrophy	hypertrophy	hypertrophy	hypertrophy	hypertrophy	max strength	max strength	max strength	max strength	max strength	str / power	str / power	str / power	str / power	str / power	str / power	str / power	str / power	endurance	endurance	endurance	endurance	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc
weights type	20 x 3	20 x 3	20 x 3	20 x 3	20 x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	95% x 3	90% x 3	85% x 3	80% x 3	90% x 3	8 x 3	8 x 3	8 x 3	8 x 3	8 x 3	8 x 3	12 x 2	12 x 2	12 x 2	12 x 2	120 sec x 2	90 sec x 3	60 sec x 2	30 sec x 2	15 x 3	15 x 3	15 x 3	15 x 3
session 2	base strength	base strength	base strength	base strength	base strength	strength	strength	strength	strength	strength	hypertrophy	hypertrophy	hypertrophy	hypertrophy	hypertrophy	max strength	max strength	max strength	max strength	max strength	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	none	none	none	none	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc
weights type	20 x 3	20 x 3	20 x 3	20 x 3	20 x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	55% x 3	45% x 3	30% x 3	45% x 3	55% x 3	60 sec x 2	60 sec x 2	90 sec x 3	60 sec x 3	30 sec x 2	60 sec x 2	60 sec x 2	60 sec x 2	90 sec x 3	90 sec x 3	120 sec x 2	none	none	none	none	15 x 3	15 x 3	15 x 3	15 x 3
session 3	none	none	none	none	base strength	strength	strength	strength	strength	strength	hypertrophy	hypertrophy	hypertrophy	none	none	none	none	max strength	max strength	max strength	endurance	endurance	endurance	endurance	none	none	none	none	none	none	none	none	none	none	none	none	none	none
weights type	none	none	none	none	20 x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	10+ x 3	15/9/3/9/15	15/9/3/9/15	15/9/3/9/15	none	none	none	none	30% x 3	80% x 3	90% x 3	60 sec x 2	90 sec x 2	120 sec x 2	60 sec x 2	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none
C, D Grade/<16 Years																																		
S+C Intent	Major Conditioning phase or Individual Performance Management																	Endurance Phase or as required by individual													Balance and Mobility			
session 1	base strength	base strength	base strength	base strength	base strength	base strength	base strength	base strength	strength	strength	strength	strength	strength	strength	strength	strength	strength	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility
weights type	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	30 sec x 2	30 sec x 3	30 sec x 3	45 sec x 2	45 sec x 2	45 sec x 3	30 sec x 2	45sec x 2	45 sec x 2	45 sec x 3	90 sec x 2	90 sec x 2	90 sec x 3	90 sec x 2	60 sec x 3	45 sec x 2	30 sec x 2	15 x 3	15 x 3	15 x 3	15 x 3
session 2	base strength	base strength	base strength	base strength	base strength	base strength	base strength	base strength	strength	strength	strength	strength	strength	strength	strength	strength	strength	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	endurance	none	none	none	none	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility
weights type	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	20 x 2	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	30 sec x 2	30 sec x 3	30 sec x 3	45 sec x 2	45 sec x 2	45 sec x 3	30 sec x 2	45sec x 2	45 sec x 2	45 sec x 3	90 sec x 2	90 sec x 2	90 sec x 3	none	none	none	none	15 x 3	15 x 3	15 x 3	15 x 3
session 3	none	none	none	none	base strength	base strength	base strength	base strength	strength	strength	strength	strength	strength	strength	strength	strength	strength	endurance	endurance	endurance	endurance	endurance	endurance	endurance	none	none	none	none	none	none	none	none	none	none	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility
weights type	none	none	none	none	20 x 2	20 x 2	20 x 2	20 x 2	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3	none	none	none	none	30 sec x 2	30 sec x 3	30 sec x 3	45 sec x 2	45 sec x 2	45 sec x 3	30 sec x 2	none	none	none	none	none	none	none	none	none	none	15 x 3	15 x 3	15 x 3	15 x 3

Category	2015 MAY					2015 JUN				2015 JUL				2015 AUG				
Week Number	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Week Starting Monday	27/04/15	4/05/15	11/05/15	18/05/15	25/05/15	1/06/15	8/06/15	15/06/15	22/06/15	29/06/15	6/07/15	13/07/15	20/07/15	27/07/15	3/08/15	10/08/15	17/08/15	24/08/15
Strength / Conditioning Sessions	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
A, B Grade/ 16+ Years																		
S+C Intent	Strength Maintenance													General Strength Phase				
session 1	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	General Strength	General Strength	General Strength	General Strength	General Strength
weights type	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3
session 2	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	Strength Maintenanc	General Strength	General Strength	General Strength	General Strength	General Strength
weights type	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	12 x 3	12 x 3	12 x 3	12 x 3	12 x 3
session 3	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none
weights type	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none
C, D Grade/<16 Years																		
S+C Intent	Balance and Mobility													Introduction Strength Phase				
session 1	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Introduction Strength	Introduction Strength	Introduction Strength	Introduction Strength	Introduction Strength
weights type	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	12 x 2	12 x 2	12 x 2	12 x 2	12 x 2
session 2	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Balance and Mobility	Introduction Strength	Introduction Strength	Introduction Strength	Introduction Strength	Introduction Strength
weights type	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	15 x 3	12 x 2	12 x 2	12 x 2	12 x 2	12 x 2
session 3	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none
weights type	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none	none