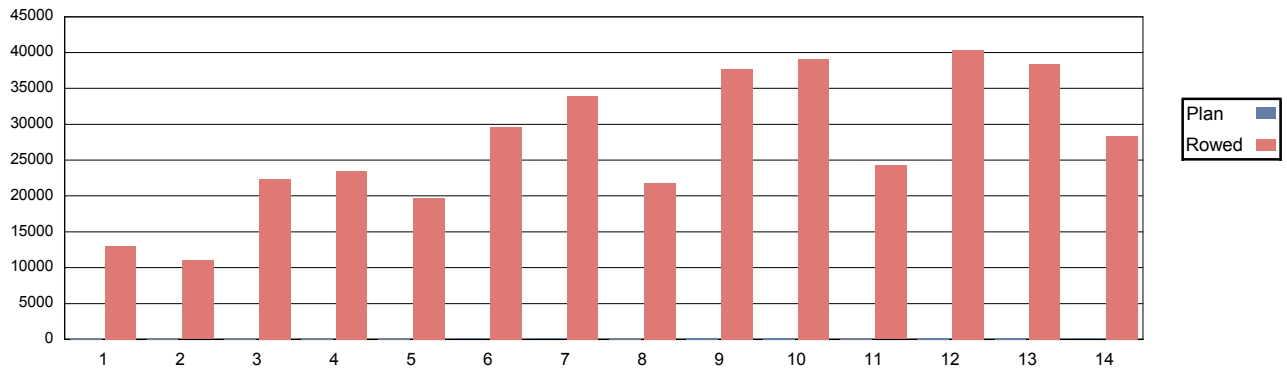


# Fitness Plan for Michael Knott

New Life  
2 Jan, 2017 - 10 Apr, 2017



Week	Optional				Optional			Total
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Wk 1 2 Jan	2000m T	2000m T	Rest	3000m T	Rest	2000m T	4000m T	wk 1 13,000
Wk 2 9 Jan	Rest	2000m T	Rest	3000m T	Rest	2000m T	4000m T	wk 2 11,000
Wk 3 16 Jan	Rest	20min SLT 2x2'r3'	Rest	25min E	Rest	20min SLT 2x2'r3'	30min E	wk 3 95
Wk 4 23 Jan	Rest	25min SLT 3x2'r3'	Rest	25min SLT 2x2'r3'	Rest	20min SLT 4x2'r3'	30min E	wk 4 100
Wk 5 30 Jan	Rest	20min E	Rest	20min E	Rest	20min E	25min E	wk 5 85
Wk 6 6 Feb	Rest	25min SLT 4x2'r3'	20min E	25min SLT 2x2'r3'	Rest	25min SLT 4x2'r3'	30min SLT 2x2'r3'	wk 6 125
Wk 7 13 Feb	Rest	25min SLT 5x2'r2'	20min E	30min SLT 3x2'r3'	Rest	30min SLT 6x2'r2'	40min SLT 4x2'r3'	wk 7 145
Wk 8 20 Feb	Rest	20min E	Rest	25min E	Rest	20min E	30min E	wk 8 95
Wk 9 27 Feb	Rest	30min TL 2x3'r3'	20min E	35min SLT 3x2'r3'	Rest	30min TL 2x3'r4'	45min SLT 5x2'r3'	wk 9 160
Wk 10 6 Mar	Rest	30min PS 2x30"r3'	20min E	40min SLT 3x2'r3'	Rest	30min TL 2x3'r4'	50min SLT 6x2'r3'	wk 10 170
Wk 11 13 Mar	Rest	25min E	Rest	25min E	Rest	20min E	35min E	wk 11 105
Wk 12 20 Mar	Rest	30min PS 2x20"r4'	20min E	40min SLT 3x2'r3'	Rest	30min TL 3x3'r3'	55min SLT 8x2'r3'	wk 12 175
Wk 13 27 Mar	Rest	30min PS 3x20"r4'	20min E	30min SLT 3x2'r3'	Rest	25min TL 4x3'r3'	60min SLT 6x2'r3'	wk 13 165
Wk 14 3 Apr	Rest	20min E	Rest	30min E	Rest	Rest	75min E	wk 14 125

Code	Type	Description	HR Band	SR Band	Warm-Up/Down
PS	Power Shift	Easy with shifts to MaxSS	166 - 185	31 - 34	750 / 500
TL	Tempo Load	¾ pressure at UT HR	146 - 166	27 - 30	500 / 500
SLT	Slow Tone	Slow ¾ pressure	127 - 156	18 - 22	500 / 750
E	Easy	Easy row for maintenance	117 - 146	23 - 26	500 / 500
T	Technique	Focus on Technique only	98 - 117	18 - 22	0 / 0



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**Important!** Consult your doctor before using this Training Plan. Use this training plan entirely at **your own risk**. Refer to our full medical disclaimer in the online Training Guide.