



## St Paul's Collegiate School Rowing Training Programme

am  
05.45hrs  
sharp

pm: 15.30-  
18.15hrs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Intensity & Rating
	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	
<b>One</b>		am: Rig boats @ Karapiro		am: Gym Super Circuit		CTC Regatta	CTC Regatta	<b>H</b> 26
			pm: Karapiro	pm: Karapiro	pm: CTC regatta			
<b>Two</b>	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	<b>L</b> 28
	pm: River A	am: Gym Super Circuit pm: River B	am: Gym (16, 17,18s) pm: River D	am: Gym Super Circuit pm: River E		Mangakino Camp for U16/U17/ U18 crews	Mangakino Camp for U16/U17/ U18 crews	
<b>Three</b>	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	<b>M</b> 30
	pm: River A	am: Gym Super Circuit pm: River B	am: Gym (17,18s) am: River C (16s) pm: River D	am: Gym Super Circuit pm: River E	Athletics Sports	am: Training on river (all morning)		
<b>Four</b>	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	<b>H</b> 32
	pm: River A	am: Gym Super Circuit NZ Champs pm: Erg Tests	am: Gym (17,18s) am: River C (16s) NZ Champs pm: Erg Tests	am: Gym Super Circuit NZ Champs pm: River E	NZ Champs	NZ Champs	NZ Champs	
<b>Five</b>	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	<b>L</b> 34
	am: 2k Erg Test pm: River A	am: Gym Super Circuit pm: River B	am: Gym (17,18s) am: River C (16s) pm: River D	am: Gym Super Circuit pm: River E		KRI # 3	KRI # 3	

<b>Six</b>	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>	<b>7-Mar</b>	<b>M</b>	<b>36</b>
	Leave Weekend pm: River A	am: Gym Super Circuit pm: River B	am: Gym (17,18s) am: River C (16s) pm: River D	am: Gym Super Circuit( pm: River E		Rowing Camp - Mangakino	Rowing Camp - Mangakino		
<b>Seven</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>	<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>	<b>H</b>	<b>36</b>
	pm: River A	am: Gym Super Circuit pm: River B	am: Gym (17,18s) am: River C (16s) pm: River D	am: Gym Super Circuit pm: River E	NISSC	NISSC	NISSC		
<b>Eight</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>	<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>	<b>38</b>	
	pm: Erg Tests	am: Gym Super Circuit pm: Erg Tests	am: Gym (17,18s) am: River C (16s) Swimming sports	am: Gym Super Circuit pm: Erg Tests	Depart for Twizel				
<b>Nine</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>	<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>		
	Maadi Cup Regatta	Maadi Cup Regatta	Maadi Cup Regatta	Maadi Cup Regatta	Maadi Cup Regatta	Maadi Cup Regatta	Maadi Cup Regatta		
<b>Ten</b>	<b>29-Mar</b>	<b>30-Mar</b>	<b>31-Mar</b>	<b>1-Apr</b>	<b>2-Apr</b>	<b>3-Apr</b>	<b>4-Apr</b>		
	Return from Twizel	Unpack Boats							