

## Category Classification

**I:** Anaerobic Capacity

**II:** Race Endurance

**III:** Development of Aerobic Capacity

**IV:** Anaerobic Threshold

**V:** Aerobic Capacity

**VI:** Basic Endurance

*Refer to Maps for geographic points*

### Cat I

- Primary focus is on starts/sprints
- Secondary focus is on mid-race aggression
- TOP SPEED is the overriding focus of Cat I workouts – the ability of individuals and crews to raise power output substantially for 250-400m bursts
- If on erg, goal split is MAX, 30sec-1:30 pieces

#### 1) 500m Bursts

- 6 x 500m
- 3 w/ full start ; 3 w/ full sprint
- 1:30 rest

#### 2) Stop 'n Go

- 3 x (10 x 1min on / 1min off)
- 1<sup>st</sup> min of Start – stop, hold water – reset – repeat
- 5min between sets

#### 3) Middle 40

- 6 x 400m
- 5 strokes to get moving – 10 strokes @ race pace – 20 strokes “move @ 1000” – 20 strokes to “maintain” move-speed
- 400m or 55 strokes, whichever happens first
- 2min rest

### Cat II

- Primary focus is on 2000m race pace
- Secondary focus is on technical proficiency under race pace conditions
- RACE ATTITUDE / SPEED is the overriding focus of Cat II workouts – ability of individuals and crews to maintain 1500 – 2000m race pace.
- If on erg, goal split is 2k split, 2 – 7min pieces

#### 1) Delta Max

- 3 x 1000m
- Full start – maxout speed for 1000m
- 3min rest

## 2) Sustained Power

- 6 x 2min
  - Rolling start – 2min max power (SR 30-34) – easy for 10
  - 2min rest

## 3) RaceDay

- (3 or 2) x (1500m or 2000m)
  - Full race plan

## **Cat III**

- Primary focus is on technique being maintained under aerobic capacity
- Secondary focus on tactics employed in Head Race-style situations
- CONSTANT SPEED is the overriding focus of Cat III workouts – ability of individuals and crews to sustain top base speed over 2000m+ distances
- If on erg, goal split is 6k – 2 secs, 6 – 10 min pieces

## 1) Constant Speed

- 3 x 2500m
  - First 2 with rolling start
  - 3<sup>rd</sup> with full start
  - Stroke rate 26-30

## 2) 7min Cat & Mouse

- 4 x 7min
  - “On” = race pace; “Off” = 90% @ 26-28
  - 4min rest

## 3) 5 by 5

- 5 x 5min
  - Rolling start – 100% @ 28-32 – easy for 20
  - 3min rest

## **Cat IV**

- Primary focus is on the strength-endurance
- Secondary focus on efficiency
- Continued focus on development of aerobic capacity
- SUSTAINED ENDURANCE is the overriding focus of Cat IV workouts – ability of individuals and crews to maintain rhythm over 10km Head Race
- If on erg, goal split is 6k + 3sec, 20 – 45min pieces

## 1) 19min Pyramids

- Warmup to Grey Rock Is
- 2 x 21min
- 4min (@ 24); 3min (@ 26); 2min (@ 28); 1min @ 30; 2min; 3min; 4min.
- 5min rest

## 2) Lighthouse Run

- Warmup to Grey Rock Is.
- Grey Rock – Cates Lighthouse
  - 90% @ 24
- Cates Lighthouse – Port Moody Entrance Lighthouse
  - 90% @ 26
- Port Moody Entrance Lighthouse – Boulder Lighthouse
  - 100% @ 26

## 3) Castles

- Warmup to Grey Rock Is.
- 2 x 21min cycles
- 2min @ (..) stroke rate ; 1min up 2-6 beats ; repeat
  - 80-90%

## **Cat V**

- Primary focus is on building and developing aerobic capacity
- Secondary focus on individual technical maintenance – establishing consistency in the “basics”
- RHYTHM and CONSISTANCY amongst *individuals and crews* is the overriding focus of Cat V workouts – steady state.
- If on erg, goal split is 6k + 8sec, 30 – 90min pieces

## 1) 20min Jumps

- 2 x 30min
  - 5min rate cycles (b/t 18 – 26)
  - 75% - 85% pressure

## 2) Bedwell Loop

- Warmup to Raccoon Is.
- Raccoon Is – Bedwell Buoy – Jug Is. – Barge
- Rate 18 – 24
- 80% - 90%

## 3) Classic Course

- Warmup = 1 full Cove triangle
- Follow Classic course (boathouse – Jug Is. – Panorama)
- Rate 20 – 26
- 80% - 100%

## Cat VI

- Primary focus is on establishing smooth rhythm throughout; consistency with applicable Technical and Tactical guidelines.
- Secondary focus on maintaining smooth acceleration through the water; glide into catch.
- RHYTHM amongst *crews* is the overriding focus of Cat VI workouts – steady state at low intensity
- If on erg, goal split is 6k + 14sec, minimum 45min pieces

### 1) 30min Jumps

2 x 30min

- 10min @ 16 – 18 – 20
- 75% - 85% pressure

### 2) Twin Island Loop

- Warmup to Jug Island
- Loop runs from Jug Is. – around East side of Twin Is. – finish @ Barge
- SR 18 – 24
- ??? km

### 3) Port Moody Loop

- Warmup to Boulder Island lighthouse
- Steady state to 1<sup>st</sup> Port Moody yacht club ; 5min rest
- Steady state back to Warm-Up Can
- SR 18-24