



- Athlete: John Laundon
- Coach: John Laundon [Print page](#)
- Selected Week - 7-13 January (Week # 11)
- Load for the Week - 86.6 Km

▣ Daily Schedules

Monday 01/07/2019 Suggested Daily Volume: 18.7 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
0	20:32	Boat row	4000 m	19:30	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	22:46	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	24:59	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	27:12	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	29:25	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	44:37	Boat row	3000 m	14:15	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	1:09:37	Boat row	1000 m	4:30	5	3.68m/s	2:15.9	23	20**	141-147	138.7	ll
7	1:11:50	Boat row	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
8	1:23:29	Boat row	2250 m	10:45	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
9	1:25:42	Boat row	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
10	1:51:30	Boat row	150 m	35	16	4.08m/s	2:02.5	28	60*Par	154-160	166.5	llla
11	1:54:57	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb

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Tuesday 01/08/2019 Suggested Daily Volume: 9.5 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
0	15:39	Boat row	3000 m	14:45	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	17:52	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	20:06	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	22:19	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	24:32	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	37:22	Boat row	2500 m	11:45	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	44:17	Boat row	1250 m	6:00	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
7	47:44	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
8	52:17	Boat row	750 m	3:30	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la

9	55:44	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
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Wednesday 01/09/2019 Suggested Daily Volume: 18.0 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
0	8:19	Boat row	1500 m	7:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	10:33	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	12:46	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	14:59	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	17:12	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	32:25	Boat row	3000 m	14:15	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	1:34:39	Boat row	1000 m	4:45	12	3.47m/s	2:23.9	18	20*Par	<123	118.7	lb
7	1:38:06	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb

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Thursday 01/10/2019 Suggested Daily Volume: 16.2 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
0	20:32	Boat row	4000 m	19:30	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	22:46	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	24:59	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	27:12	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	29:25	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	42:15	Boat row	2500 m	11:45	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	1:08:17	Boat row	250 m	1:05	18	3.87m/s	2:09.0	23	20**	141-147	138.7	ll
7	1:11:43	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
8	1:18:38	Boat row	1250 m	6:00	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
9	1:22:05	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
10	1:25:32	Boat 3/4 Slide	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
11	1:34:35	Boat row	150 m	30	6	4.92m/s	1:41.7	34	>60	143-149	345.6	Vb
12	1:38:01	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb

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Friday 01/11/2019 Suggested Daily Volume: 9.3 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
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0	15:39	Boat row	3000 m	14:45	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	17:52	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	20:06	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	22:19	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	24:32	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	39:44	Boat row	3000 m	14:15	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	46:39	Boat row	1250 m	6:00	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
7	50:06	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
8	53:33	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb

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Saturday 01/12/2019 Suggested Daily Volume: 15.0 Km Morning:

#	Training Time 00:00	Program	Distance	Target Time (hh:mm:ss.00)	# of Reps	Target Speed	Split 500m Time	Tempo (spm)	Rest (sec)	Target HR (b/min)	Target Power (Watt)	Zone
0	10:46	Boat row	2000 m	9:45	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
1	12:59	Boat Hands Only	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
2	15:12	Boat 1/4 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
3	17:26	Boat 1/2 Slide	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
4	19:39	Boat rowN	250 m	1:15	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb
5	32:29	Boat row	2500 m	11:45	1	3.52m/s	2:22.00	20	>60	123-139	126.9	la
6	1:19:26	Boat row	9000 m	46:00	1	3.26m/s	2:33.1	18	>60*Par	<123	101.4	lb
7	1:22:52	Boat row	500 m	2:25	1	3.41m/s	2:26.5	18	>60	<123	115.4	lb

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Sunday 01/13/2019 Suggested Daily Volume: 0.0 Km

REST DAY - RELAX, PLEASE

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CLOSE WINDOW

Send Sets by E-mail to jlaundon@comcast.net