

March 3, 2010

Spring Schedule 2010 One Team

March 3 7-9 PM = Parent Meeting

March Madness @ Liberty (Weekdays = 3-4 pm)

3/8, 3/10, and 3/12

3/15, 3/17 and 3/19

3/22, 3/24 and 3/26

3/29 erg and Drug Test AND ERG TEST = 3/30, And March 31, 3 p.m. to 6 p.m. Site Prep

April

Spring Break 4/5, 4/7, 4/9, and 4/10 = 9am to 11 am?

April 12, Monday, 3 – 5:15

Tuesday, 3 – 5:15

Wednesday, 3 – 5:15

Thursday, 3 – 6, whole team, row and trailer loading

Saturday, April 17, Columbus Invites

April 19, Monday, 3 – 6, whole team, unload and row

Tuesday, 3 – 5:15

Wednesday, 3 – 5:15

Thursday, 3 – 5:15

Friday, 3 – 6, whole team, row and trailer loading

Saturday, April 24, Hebda Cup, Wyandotte Boat Club

April 26, Monday, 3 – 6, whole team, unload and row

Tuesday, 3 – 5:15

Wednesday, 3 – 5:15

Thursday, 3 – 5:15

Friday, 3 – 6 whole team, row and trailer loading

Saturday, May 1, Wy-Hi, Wyandotte Boat Club

May

May 3, Monday, 3 – 6, whole team, unload and row

Tuesday, 3 – 5:15

Wednesday, 3 – 5:15

Thursday, 3 – 6, whole team, row and trailer loading

Friday leave for Cincy and unload and row when there

Saturday and Sunday, May 8 and 9, Cincy, Midwest Championships

May 11, Tuesday, 3 – 6, whole team, unload and row

Wednesday, 3 – 5:15

Thursday, 3 – 5:15

Friday, 3 – 6, whole team, row and trailer loading

Saturday, May 15, State Championship, Grand Rapids, Brighton

May 17, Qualifiers for Nationals train M, T, W and Nationals Th, F, and S
CLEAN-UP and BANQUET

| WEEK | LONG and LOW Monday | POWER Wednesday | PREP Friday |
|-----------------|------------------------|-----------------------------------|-------------------|
| J. 4 | 30 minutes | 10 * 1 min/ 2 min break | 3K/ 10 min off/3K |
| J. 11 | 30 minutes | 10 * 1 min/ 2 min break | 3K/ 10 min off/3K |
| J. 18 | 40 min? = MLK day | 20 * 1 min/ 2 min break | 4K/ 15 min off/4K |
| J. 25 | 40 min | 20 * 1 min/ 2 min break | 4K/ 15 min off/4K |
| F. 1 | 1 hour | 10 * 1 min/ 1 minute break | 5K/20 min off/5K |
| F. 8 | 1 hour | 10 * 1 min/ 1 minute break | 5K/20 min off/5K |
| F. 15 | 75 minutes | 20 * 1 min/ 1 minute break | 6 K |
| F. 22 | 75 minutes | 20 * 1 min/ 1 minute break | 6 K |
| M.1 | 90 minutes | 10 * 2 minutes/ 4 minute break | 5K/20 min off/5K |
| M. 8 (REQUIRED) | 100 minutes | 10 * 2 minutes/ 4 minute break | 4K/ 15 min off/4K |
| M.15 (REQUIRED) | 10 K | 10 * 2 minutes/ 2 minute break | 3K/ 10 min off/3K |
| M.22 (REQUIRED) | 10 K | 10 * 2 minutes/ 4 minute break | 2K/ 30 min off/2K |

Also required:

Monday, 3/29 = 1.5 K and 1.5 K

Tuesday, 3/30 = 2 K ERG TEST,

*WEDNESDAY, March 31, 3 p.m. to 6 p. m. **Site Prep***

May 17, Qualifiers for Nationals train M, T, W and Nationals Th, F, and S
CLEAN-UP and BANQUET