

## Training weekend 3/4/5 November

Saturday

	Junior	U23
1	ANP	Boat Prep
2		Row ZV1
	Lunch	Lunch
3	Row	Row - Power wk
	Stretching	Stretching

Sunday

	Junior	U23
1	Run	Gym/Row
2	Row	Gym/Row
	Lunch	Lunch
3	Gym	Row ZV1

Monday

	Junior	U23
1		Pre row
2	4x2k	4x2k
	Lunch	Lunch
	x	x