



CKC U18 TRAINING ZONES & OBJECTIVES



Fitness Objective	Aerobic Capacity		Aerobic Power		Speed Endurance		Speed	Recovery Low Ga-1
	1 Ga-1	2 Ga-2	3 E-1	4 E-2	5 Anaerobic Mix		6 Alactic Power	7 Low Aerobic Capacity
Stroke Rate Range	Wk 65-75 Mk 70-80 Wc 30-35 Mc 36-40	Wk 75-85 Mk 80-90 Wc 36-40 Mc 38-44	Wk 85-95 Mk 90-100 Wc 40-44 Mc 44-46	Wk 95-115 Mk 100-120 Wc 45-48 Mc 50 - 54	Wk 115 + Mk 120 + Wc 50-65 Mc 55- 70	135-160 140-160 74-82 72-84	Wk Max Mk Max Wc Max Mc Max	Wk -50-65 Mk -50-65 Wc -20-30 Mc - 20-34
Heart Rate Range % Of Maximum	70-80% Of Max.	80-85% Of Max.	85-95% Of Max.	95-100% Of Max.	Maximum Heart Rate		Max. H.R.	Under 65% Of Max. -Warm Ups -Recovery -Technical -Boat Skills
Total Workout Time	90' +	60'-90'	45'-60'	45'-60'	30'-60'		20'-45'	20'-40'
Work Effort Time/Dist.	1500m-8km 8' To 20'	500m-6 Km 2' To 30'	250m-2km 1' To 10'	250m-1000m 30" To 4'	-100m -500m - 20" To 90"		-25m-50m - 5" To 10"	2-6 Km
Time Controls & Marker Work Outs	-8-10km Tc -3 X20'	-Tc 6km 3-5 X 2km -8-10 X 1000	- Tc 2km - 4 X 1000 - 6 X 500 3-4 X 750	-Tc 1000 -3 X 1000 - 4-5 X 500 - 6-8 X 250	-Tc 500 -Tc 250 -Tc 200 -Tc 100 -4 X250 -5-10 X 100m		-Tc 50 -Tc 25 -8-10 X 50 -Starts	20-60 Min. Stop And Go Learning



WORK OUT MENU



Zone 1 Ga-1	Zone 2 Ga-2	Zone 3 E-1	Zone 4 E-2	Zone 5 Speed Endurance	Zone 6 Speed
1 X 10-20 Km	1 X 8-15 Km	4-6 X 2km Rest 6'-10'	3-5 X 1000 Rest 6'-10'	6 X 500 Rest 2'-10'	8-10 X 50 Rest 4'-6'
3 X 6 Km Wash Ride Change Leader Every 4' Rest 3'-4'	6-8 X 1000 Rest 2'-3'	4-6 X (2'-1'-2'-1') Rest 1' Rest 3' After Full Set	6 X 750 Rest 3'	8-10 X 250 Rest 1'to 5'	10 Starts 10" Rest 2'-5'
6-8 X 8' Rest 1'	10 X 6' Rest 1'-90"	2 X (5 X 4') Rest 90"-2' Rest 5' After Full Set	6-8 X (1'-2'-1') Rest 1' Rest 5' After Full Set	3 X 10 X 70" Rest 20" Rest 5' After Full Set	8km 1 X 10"Acceleration At Each 500m
8-10 X 1000 Rest 1'- 2'	6 X 1500 Rest 3'	8- 10 X 750 Rest 2'	15 X 1' Rest 1'	3 X 10 X 30" Rest 30" Rest 5' After Full Set	4 X 5 X 10" Max. Rest 2'.50" Rest 5' After Full Set
6 X 2km Best Average Rest 5'	1 X 6km 4km 2km Take Off 1' From 6km Pace For 4km And 2km Rest 10'	6-8 X (3-2-1) Rest 1' Rest 5' After Full Set	2 X 5 X 2' Rest 2' Rest 5 After Full Set	8-10 X 100m Rest 5'	2 X 10 X 10" With Resister Rest 3' Rest 5'after Full Set