



# ROWING IRELAND

## Saturday

- 07:00 Arrive
- 07:05 Coach Meeting in coaches' room
- 07:30 Rig & prepare boats
- 08:15 LCC prepare squads
- 08:30 On water

- |                  |   |                               |
|------------------|---|-------------------------------|
| <b>Session 1</b> | 4km warm up + 20km (rate 18-20)                                   | <b>Junior men &amp; women</b> |
|                  | 4km warm up + 24km (rate 18-20)                                   | <b>Seniors</b>                |
|                  | LW - From bridge to top   |                               |
|                  | HW - From finish line to dam                                      |                               |
|                  | Juniors - On course   |                               |
| 11:30            | Lunch (we ask all athletes to shower before entering dining area) |                               |
| 12:30            | Technical meeting   |                               |
| 14:30            | Individual squad meeting held by LCC                              |                               |
| 15:15            | LCC prepare squads  |                               |
| 15:30            | On water  |                               |

**Session 2** 4km warm up + 10x1500 (rating 22 #1-3-5-7-9 rating 26#2-4-6-8-10)

16:00 Start time

**Sunday - Juniors**

07:00 Arrive

**Session 3**

07:30 LABA Circuit (2x30minutes)

09:15 12km row

**Sunday - Seniors**

07:00 Arrive

**Session 3**

07:30 On water 4km warm up + 16km (rate 18-20)

09:15 LABA Circuit (2x30minutes)

11:30 Lunch (we ask all athletes to shower before entering dining area)

**Sunday**

**(All)**

14:15 LCC prepare squads

14:30 On water

**Session 4** 4x1000 racing

15:00 Racing starts

16:30 Full team debrief