

Date: 1 - 7 Mar 10		Week to Avon: 24	
Week type: 3 (tough week)			
	AM	PM	Notes/ Stretching
Monday 1	Off	Off	Stretching #1 x 2sets
Tuesday 2	Off	Gym	
Wednesday 3	Off	Paddle: 4 x 8min (2min L3, 2min L2, 2min L3, 2min L2) 2min rest	Stretching #2 x 2sets
Thursday 4	Off	Gym	
Friday 5	Off	Off	
Saturday 6	Paddle: 60min 4 x 10min L2, 5min at L3. 2min rest between each	Light Walk/Jog 10min then Stretching #3 (3sets of each stretch)	
Sunday 7	Race: Canning Ascent OR Paddle: 70min at 5min L2, 5min L3	Rest	

Date: 15 - 21 Mar 10		Week to Avon: 22	
Week type: 2 (building week)			
	AM	PM	Notes/ Stretching
Monday 15	Off	Off	Stretching #1 x 2sets
Tuesday 16	Off	Gym	
Wednesday 17	Off	Paddle: 9 x 6min (4min L2, 2min L3) short rest (1min) after each 2/12min cycles	Stretching #2 x 2sets
Thursday 18	Off	Gym	
Friday 19	Off	Off	
Saturday 20	Paddle: 5 x 10min as 8min L2, 2min L3 with 2mn rest 2min rest	Light Walk/Jog 10min then Stretching #3 (3sets of each stretch)	
Sunday 21	Bevan Dashwood Dash OR Paddle: 70min at L2. 2min rest halfway. Technical focus on strong catch	Rest	

Date: 8 - 14 Feb 10		Week to Avon: 23	
Week type: 1 (recovery week)			
	AM	PM	Notes/ Stretching
Monday 8	Off	Off	Stretching #1 x 2sets
Tuesday 9	Off	Gym	
Wednesday 10	Off	Paddle: 8 x 3min L2, 2min L3, 1min rest	Stretching #2 x 2sets
Thursday 11	Off	Gym	
Friday 12	Off	Off	
Saturday 13	Paddle: 60min L2 cotinuous - technical focus	Light Walk/Jog 10min then Stretching #3 (3sets of each stretch)	
Sunday 14	Paddle: 70min at 8min L2, 2min L3 continuous	Rest	

Date: 22 - 28 Mar 10		Week to Avon: 21	
Week type: 3 (tough week)			
	AM	PM	Notes/ Stretching
Monday 22	Off	Off	Stretching #1 x 2sets
Tuesday 23	Off	Gym	
Wednesday 24	Off	Paddle: 6 x 4min at L2 1min rest, 4 x 4min at L3 2min rest	Stretching #2 x 2sets
Thursday 25	Off	Gym	
Friday 26	Off	Off	
Saturday 27	Paddle: Pyramid 2min, 4min, 6min, 8min, 10min, 8min, 6min, 4min, 2min all at high L2 with 2min rest between each	Light Walk/Jog 10min then Stretching #3 (3sets of each stretch)	
Sunday 28	Pinjarra to Ravenswood Marathon OR Paddle: 80min at L2	Rest	