



## GREEN & GOLD PROGRAM AT A GLANCE

Our goal in creating two training tracks is to provide athletes with a greater variety of experience options that better fit their interests. From this, our goals are to: 1) create greater access to a positive experience for those athletes who are currently underserved in the traditional competitive model and; 2) provide space for more focused competitive development work with appropriate levels of accountability to time commitments and training.

### GOLD SQUAD DESCRIPTION

*For athletes who want to train & compete for high-level performance and are prepared to manage the work-life balance of a student-athlete.*

- 3- 6 practices per week (depending on age group)
- Full selection process for competitions (i.e. erg testing, seat racing, time trials, etc.)

#### Athlete Expectations and Requirements

- ❑ Minimum one year of rowing experience as well as at least one season with Green Squad
- ❑ 90% attendance average for race eligibility
- ❑ 1-2 extra workouts per week, on your own
- ❑ Available for all priority regattas and 80% of other regattas

### EXAMPLE U19 TRAINING WEEK

<i>Monday</i>	Land - U1 Volume & Strength
<i>Tuesday</i>	Row - Race Intervals
<i>Wednesday</i>	Row - Tech & mileage
<i>Thursday</i>	Land - Erg & Strength
<i>Friday</i>	Row - Tech & mileage
<i>Saturday</i>	Row - Race Pieces

### GREEN SQUAD DESCRIPTION

*For athletes who want to enjoy rowing and competing while having greater schedule flexibility and less training pressure.*

- 2 - 5 practice per week (depending on age group)
- Athlete input for regatta entries and lineups
- Priority at most local races
- One land day per week; includes weight training but does not include erg testing

#### Athlete Expectations and Requirements

- ❑ Must have completed a Learn to Row program at minimum.
- ❑ Must communicate attendance plans consistently.

### EXAMPLE U19 TRAINING WEEK

<i>Monday</i>	Land - U1 Pieces & Strength
<i>Tuesday</i>	Row - Skill & Drill
<i>Wednesday</i>	Row - Mileage
<i>Thursday</i>	Row - Small boat work
<i>Friday</i>	OFF
<i>Saturday</i>	Row - Race Pieces