



Stony Brook Crew

Winter Workout Schedule

As we gear up for the colder months, it's time to stay focused and committed to our training regimen. This schedule has been crafted to help us maintain our fitness, strength, and endurance during the off-season, ensuring we're prepared to hit the water at full throttle when spring arrives.

During these winter months, consistency is key. While we understand life can throw unexpected challenges your way, we encourage you to stick to the workout plan as much as possible. Remember, it's okay to miss a day here and there due to unforeseen circumstances or other commitments. However, try your best not to miss two consecutive days.

Consistency breeds progress, and sticking to a daily workout will help you stay on track toward your fitness goals. If you do miss a day, don't let it derail your motivation. Instead, use it as an opportunity to jump back in the next day with renewed energy and focus.

By maintaining a balance between dedication and flexibility, we can make the most out of our winter training and set ourselves up for success in the upcoming season. Let's support each other in staying committed to our journey while understanding that occasional deviations from the schedule are a part of life.

Get ready to push your limits, stay motivated, and make the most out of this winter workout schedule as we strive for excellence together!

Monday December 11 2023	U1	5x10' /2'rest	@ 20 spm	
Tuesday December 12 2023	AT	3x15' /5'rest	@ 22,24,26 spm	
Wednesday December 13 2023	U2	3x20' /2'rest	@ 18 spm	3 x Stability & Flexibility Circuit
Thursday December 14 2023	U1	2x4000m /3'rest	@ 22 spm	2 x Total Body Circuit
Friday December 15 2023	T1	4x1500m /5'rest	@ 28 spm	1 x Max Strength Improvement
Saturday December 16 2023	U2	3x25' /3'rest	@ 20 spm	
Sunday December 17 2023		Rest		
Monday December 18 2023	U1	4x15' /3'rest	@ 22 spm	
Tuesday December 19 2023	AT	2x20' /5'rest	@ 22,24,26,28 spm	
Wednesday December 20 2023	U2	2x28' /2'rest	@ 18 spm	3 x Stability & Flexibility Circuit
Thursday December 21 2023	U1	5x10' /2'rest	@ 22 spm	2 x Total Body Circuit
Friday December 22 2023	T1	3x10' /5'rest	@ 26,28 spm	1 x Max Strength Improvement
Saturday December 23 2023	U2	3x5000m / 3'rest	@ 20 spm	
Sunday December 24 2023		Rest		
Monday December 25 2023	U1	4x15' /3' rest	@ 22 spm	
Tuesday December 26 2023	AT	2x15' /5' rest	(5',4',3',2',1') @22,24,26,28,30 spm	
Wednesday December 27 2023	U1	2x6000m /3' rest	@ 22 spm	3 x Stability & Flexibility Circuit
Thursday December 28 2023	T2	3x2000m /5'rest	250m @ 30 spm /250m @ 16 spm	2 x Total Body Circuit
Friday December 29 2023	T1	3x6' /5' rest	@ 26,28 spm	1 x Max Strength Improvement
Saturday December 30 2023	U2	4x20' /5'rest	@ 20 spm	
Sunday December 31 2023		Rest		
Monday January 1 2024	U1	2x6000m /2'rest	@ 22 spm	
Tuesday January 2 2024	AT	3x2000m /5'rest	@ 22,24 - 24,26 - 26,28 spm	
Wednesday January 3 2024	U1	3x15' /2'rest	@ 22 spm	2 x Stability & Flexibility Circuit
Thursday January 4 2024	T2	4x5' /5' rest	@ 22 - 24 - 26 - 28 spm	2 x Total Body Circuit
Friday January 5 2024	T1	6x1000m /5' rest	(@500m) @ 26,28 spm	2 x Max Strength Improvement
Saturday January 6 2024	U2	3x25' /3' rest	@ 20 spm	

Sunday January 7 2024		Rest		
Monday January 8 2024	U1	4x15' /3'rest	@ 22 spm	
Tuesday January 9 2024	AT	2x15' /5' rest	(5',4',3',2',1')@ 22,24,26,28,30 spm	
Wednesday January 10 2024	U1	2x4000m /3'rest	@ 22 spm	2 x Stability & Flexibility Circuit
Thursday January 11 2024	T2	3x2000m /5'rest	250m @ 30 spm /250m @ 16 spm	2 x Total Body Circuit
Friday January 12 2024	T1	4x2000m /5' rest	(@500m) @ 24,26,28,30 spm	2 x Max Strength Improvement
Saturday January 13 2024	U2	3x28' /2'rest	@ 18 spm	
Sunday January 14 2024		Rest		
Monday January 15 2024	U1	5x10' /2'rest	@ 22 spm	
Tuesday January 16 2024	AT	3x15' /5'rest	@ 22,24,26 spm	
Wednesday January 17 2024	U1	2x6000m /2'rest	@ 22 spm	2 x Stability & Flexibility Circuit
Thursday January 18 2024	T2	1x20' 2'on/2' rest	@ 30 spm	2 x Total Body Circuit
Friday January 19 2024	T1	2x20' /2'rest	(@5') @ 22,24,26,28 spm	2 x Max Strength Improvement
Saturday January 20 2024	U2	3x28' /2'rest	@ 18 spm	
Sunday January 21 2024		Rest		