

Stony Brook Crew

2024 SPRING

Weekly Focus

Building and Testing our Aerobic Capacity
Teamwork & Collaboration
Racing Start Sequence inc. Settling

Name

Week #25

SB Rec Center

Workout

Intensity

Monday	U2	<i>2x25'/3'Rest</i>	<i>18spm @ Easy-Medium</i>
Tuesday	6K	<i>Benchmarking</i>	
Wednesday	U1	<i>3x15'/3'Rest</i>	<i>20/22/24spm @ Medium</i>
Thursday		<i>ROTC Joint Practice</i>	<i>Circuit & Relay</i>
Friday	T1	<i>8x4'/2'Rest</i>	<i>Start & Settle</i>
Weekend	U1	<i>3x 25'/5'Rest</i>	<i>20spm @ Medium</i>

Extra Credit

[Grit: The power of passion and perseverance](#)

[Tips for Rowing: The Rowing Sprint Start](#)

Stony Brook Crew

SB Rec Center

Key Dates

6:00 - Arrive & Prep Ergs

2/13, 3/5 - 6k Benchmark Test

6:15 - Warmup

2/23, 3/21, 4/12 - 2x2k Benchmark Test

6:25 - Workout

3/9-3/16 - Spring Break Lake Lure, NC

7:15 - Cooldown/Stretch

4/13 - Tentative Regatta

7:30 - End Practice

4/20 - NYS Collegiate Championship

4/27 - Metropolitan Championships

“Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day-in, day-out. Not just for the week, not just for the month, but for years. And working really hard to make that future a reality. Grit is living life like it’s a marathon, not a sprint.”

– Angela Duckworth