

# Stony Brook Crew

2024 SPRING

## Weekly Focus

Building and Testing our Aerobic Capacity  
Pushing our Anaerobic Threshold  
Racing Start Sequence inc. Settling

Name

Week #26

SB Rec Center

## Workout

## Intensity

<b>Monday</b>	<b>U1</b>	<i>3x13'2'Rest</i>	<i>22spm @ Easy-Medium</i>	
<b>Tuesday</b>	<b>AT</b>	<i>3x12'3'Rest</i>	<i>22/24/26spm on the 4's</i>	
<b>Wednesday</b>	<b>U1</b>	<i>2x20'2'Rest</i>	<i>24spm @ Medium</i>	
<b>Thursday</b>	<b>T2</b>	<i>3x2000m /4'Rest</i>	<i>W 28-30spm M 30-34spm</i>	<i>Find 2k spm/split</i>
<b>Friday</b>	<b>T1</b>	<i>8x4'1'Rest</i>	<i>Start &amp; Settle</i>	
<b>Weekend</b>	<b>U1</b>	<i>3x 5000m/3'Rest</i>	<i>22spm @ Medium</i>	

## Extra Credit

[Everyday Leadership](#)

[What Makes the Highest Performing Teams](#)

## ***Stony Brook Crew***

### **SB Rec Center**

### **Key Dates**

6:00 - Arrive & Prep Ergs

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

6:15 - Warmup

2/27, 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

*"Trust is knowing that when a team member does push you,  
they're doing it because they care about the team."*

*— Patrick Lencioni*

*"A team is not a group of people who work together. A team is a  
group of people who trust each other." — Simon Sinek*