

# Stony Brook Crew

2024 SPRING

## Weekly Focus

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

Name

Week #27

SB Rec Center

## Workout

## Intensity

<b>Monday</b>	<b>U2</b>	<i>2x18' /2'Rest</i>	<i>18spm @ Easy</i>
<b>Tuesday</b>	<b>2K</b>	<i>2k Benchmarking (2x2k)</i>	<i>All You've Got</i>
<b>Wednesday</b>	<b>U1</b>	<i>4x10' /2'Rest</i>	<i>22spm @ Medium</i>
<b>Thursday</b>	<b>T2</b>	<i>Track Circuit</i>	<b>MAC Closed - use lockers</b>
<b>Friday</b>	<b>T1</b>	<i>8x4'/1'Rest</i>	<i>Down the Ladder</i>
<b>Weekend</b>	<b>U1</b>	<i>3x 5000m/3'Rest</i>	<i>22spm @ Medium</i>

## Extra Credit

[How to make stress your friend](#)

[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

*"Chasing meaning is better for your health than trying to avoid discomfort."*

*— Kelly McGonigal*

*""The ability for a group of people to do remarkable things hinges on how well those people can pull together as a team."*

*— Simon Sinek*