

Stony Brook Crew

2024 SPRING

Weekly Focus

Timing and Synchronization
Preparing for a Successful Spring Break

Name

Week #28

SB Rec Center

Workout

Intensity

Monday	U1	<i>4x10'/ 2'Rest</i>	<i>22spm @ Medium</i>
Tuesday	AT	<i>2x15'(5,4,3,2,1)/5'Rest</i>	<i>22,24...30spm @ Med-Hard</i>
Wednesday	U1	<i>3x15'(4,3,2,1,2..4)/3'Rest</i>	<i>18,20,22,24,22..18spm @ Medium</i>
Thursday	T2	<i>Pre-Spring Break Meeting</i>	<i>Dance Room @ Rec</i>
Friday		<i>Trailer Loading</i>	<i>@ PJ Yacht Club</i>

Extra Credit

[Secrets of success in 8 words, 3 minutes](#)

[The Strongest Predictor for Success](#)

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

"Do not let temporary setbacks become permanent excuses."

— Angela Duckworth

*"The ability to push ourselves helps get us through the down times
and all the stuff we don't want to do.*

— Richard St. John