

Training Time	Location	Content	
3/23 (SAT) AM 8:30~10:00	BiTan	Basic Training	Dynamic Warm-up. On-boat warm-up, basic paddle movements
3/30 (SAT) AM 8:30~10:00	BiTan	Basic Training	Dynamic Warm-up. On-boat warm-up, basic paddle movements
4/13 (SAT) AM 8:30~10:00	BiTan	Basic Training	Warm-up, basic paddle movements, endurance rowing.
4/20 (SAT) AM 8:30~10:00	BiTan	Basic Training	Warm-up, basic paddle movements. Pace-controlled rowing
4/27 (SAT) AM 8:30~10:00	BiTan	Basic Training	Warm-up, basic paddle movements. Pace-controlled rowing
5/4 (SAT) AM 8:45~10:15	DaZhi	Advanced	Dynamic Warm-up. On-boat warm-up, basic paddle movements, 300m*3+200m*2
5/11 (SAT) AM 8:45~10:15	DaZhi	Advanced	Dynamic Warm-up. On-boat warm-up, basic paddle movements, 300m*3+200m*2
5/18 (SAT) AM 8:45~10:15	DaZhi	Advanced	Dynamic Warm-up. On-boat warm-up, basic paddle movements, 400m*3
5/25 (SAT) AM 8:45~10:15	DaZhi	Advanced	Dynamic Warm-up. On-boat warm-up, basic paddle movements, 400m*3
6/1 (SAT) AM 8:45~10:15	DaZhi	Simulated Practice	Dynamic Warm-up. On-boat warm-up, basic paddle movements, 500m simulation
6/8~6/10 Race	DaZhi	Race	