

ROWING PROGRAM

3 SESSIONS PER WEEK



NOTES

This program consists of three rowing sessions per week for 14 weeks. When you complete the 14 weeks program, you can either start over and improve your results from last time or start on the program with 5 sessions per week, if you completed this without any problems.

In this program, you will meet 5 different types of training sessions:

Program A: Test

This program is a test that measures your performance level.

Program B: Short intervals

This program will contain shorter intervals, with high intensity to build up performance.

Program C: Capacity

This is a longer program with lower intensity to build capacity.

Program D: Engine

This program is longer with lower intensity to build your engine.

Program E: Technique

This program is a technique program where the intensity will be very low to help you focus on technique.

The Drag Factor

The drag factor displays the resistance in the flywheel. This can differ from machine to machine, so it will be a good idea to test the drag factor, by following the guide (only for *Concept 2* rowers):

Display guide:

1. Press the Main Menu button
2. Select More Options
3. Select Display Drag Factor
4. Begin rowing. The display will show the drag factor after a few seconds. Adjust the flywheel (on the side) to meet the 105-115 drag factor.

For this program, you will be rowing with a drag factor at 105-115 so make sure to test it and get a little insight in what resistance you are supposed to row with and the power and effort you put into the sessions.

S/M = Stroke per minute

In the program, you also meet the term S/M which means **Stroke per minute**. This is usually displayed on the top right corner on the screen.

WEEK	METERS AND INTERVALS	STROKES PER MINUTE (S/M)
WEEK 1		
A	2000 meter test	Optional
E	3 x 2000 meter 2 minutes rest between	Perform the three intervals as: 1: 18 S/M 2: 20 S/M 3: 22 S/M
D	3 x 2500 meter 3 minutes rest between	Perform each 2500 meter as: 1500 meter at 20 S/M 1000 meter at 22 S/M 500 meter at 24 S/M
WEEK 2		
B	8 x 500 meter 1 minute rest between	30-32 S/M
D	3 x 12 minutes 3 minutes rest between	22 S/M
E	25 minutes rowing	20 S/M
WEEK 3		
B	8 x 2 minutes 1-minute rest between	Perform each 2-minute interval as: 1 minute at 26 S/M 1 minute at 30-32 S/M
C	3 x 2000 minute 3 minutes rest between	24 S/M
E	30 minutes rowing	20-22 S/M

WEEK 4		
D	5 x 2000 meter 2 minutes rest between	Perform each 2000 meter interval as: 1000 meter at 20 S/M 500 meter at 22 S/M 500 meter at 24 S/M
E	2 x 15 minutes 3 minutes rest between	20-22 S/M
D	3 x 3000 meter 3 minutes rest between	22 S/M
WEEK 5		
B	7 x 3 minutes 2 minutes rest between	Perform each 3 minute interval as: 2 min at 26 S/M 1min at 30-32 S/M
D	20 + 10 minutes rowing 3 min rest between the two intervals	Perform the 20 minute interval at 20 S/M Perform the 10 minute interval at 22 S/M
E	35 minutes rowing	20-22 S/M
WEEK 6		
C	4 x 2000 meter 3 minutes rest between	24 S/M
D	5 km	Perform the 5 km as: 750m at 22 S/M 250m at 28 S/M (repeat until 5 km)

B	2 x 10 minutes 6 minutes rest between	26+ S/M
WEEK 7		
E	4 x 10 minutes 3 minutes rest between	20-22 S/M
D	3 x 12minutes 2 minutes rest between	22-24 S/M
E	2 x 18 minutes 2 minutes rest between	Perform one 18 minute interval at 20 S/M and the second at 22 S/M
WEEK 8		
A	2000 meter test	Optional
A	5000 meter test	Optional
E	25 minutes rowing	20-22 S/M
WEEK 9		
D	4 rounds of: 4 minutes 4 minutes 2 minutes 3 minutes rest between each interval	Complete the three intervals for 4 rounds at: 4 minutes at 20 S/M 4 minutes at 22 S/M 2 minutes at 24 S/M
E	30 minutes rowing	20-22 S/M
D	5 x 7,5 minute 2 minutes rest between	22 S/M

WEEK 10		
B	4 x 1500 meter 4 minutes rest between	28-30 S/M
C	3 x 2500 meter 3 minutes rest between	24 S/M
E	10 km	22 S/M
WEEK 11		
D	2 x 5000 meter 5 minutes rest between	Perform the 5000-meter intervals as: 2500m at 20 S/M 1500m at 22S/M 1000m at 24 S/M
C	4 x 7 minutes 3 minutes rest between	24 S/M
D	2 x 4 km 5 minutes rest between	Perform each 4 km interval at: 1000 meter at 22 S/M 1000 meter 24 S/M 1000 meter 22 S/M 1000 meter at 24 S/M
WEEK 12		
B	5 x 1000 meter 3 minutes rest between	30-32 S/M
E	7,5 km	18-20 S/M
C	3 x 2250 meter 4 minutes rest between	24 S/M

WEEK 13		
B	5 x 5 minutes 3 minutes rest between	Perform each 5-minute interval as: 2 minutes at 28 S/M 2 minutes at 30 S/M 1 minute at 32 S/M
C	2 x 12 minutes 5 minutes rest between	24 S/M
E	30 minutes rowing	20 S/M
WEEK 14		
C	3 x 8 minutes 3 minutes rest between	24 S/M
E	8 km	20-22 S/M
D	2 x 15 minutes 3 minutes rest between	Perform each 5-minute intervals at: 5 minute at 20 S/M 5 minute at 22 S/M 5 minute a 24 S/M