



SEA HEALTH & WELFARE

ROWING PROGRAM

5 SESSIONS PER WEEK

NOTES

This program consists of five rowing sessions per week for 14 weeks. When you complete the 14 weeks program, you can start over and improve your results from last time. Of course, it is also possible to start on one of the two others programs with fewer session per week.

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. Pay attention to the S/M on each session, this will also determine the intensity of your session.

WEEK	METERS AND INTERVALS	STROKE PER MINUTE
WEEK 1		
A	2000 meter test	Optional
E	3 x 2000 meter 2 minutes rest between	Round 1: 18 S/M Round 2: 20 S/M Round 3: 22 S/M
D	3 x 2500 meter 3 minutes rest between	Increase S/M in the 2500 meter: 1500 meter at 20 S/M 1000 meter at 22 S/M 500 meter at 24 S/M
C	4 x 6 minutes 3 minutes rest between	24 S/M
E	4 x 2000 meter 2 minutes rest between	Round 1: 18 S/M Round 2: 20 S/M Round 3: 22 S/M Round 4: 18 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
B	5 x 750 meter 2 minutes rest between	+30 S/M
D	5 x 2000 meter 2 minutes rest between	22 S/M

WEEK 3		
B	8 x 2 minutes 1-minute rest between	Increase the S/M in the 2-minute interval: The 1st minute of the interval at 26 S/M The 2nd minutes of the interval at 30-32 S/M
C	3 x 2000 meter 3 minutes rest between	24 S/M
E	30 minutes rowing	20-22 S/M
D	4 x 10 minutes 3 minutes rest between	The first 5 minutes of each interval at 20 S/M The last 5 minutes at 22 S/M
D	5 x 8 minutes 2 minutes rest between	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
B	5 x 4 minutes 2 minutes rest between	Each 4-minute interval should be performed as 2 minutes at 28 S/M 1 minute at 30 S/M

		1 minute at 32 S/M
C	2 x 3500 meter 4 minutes rest between	24 S/M
WEEK 5		
B	7 x 3 minutes 2 minutes rest between	Each 3-minute interval should be performed as 2 minutes at 26 S/M 1 minute at 30-32 /M
D	20 minutes row 3 minutes rest 10 minutes row	20 minutes at 20 S/M 10 minutes at 22 S/M
E	35 minutes rowing	20-22 S/M
C	4 x 2500 meter 3 minutes rest between	24 S/M
D	4000 meter 3000 meter 1000 meter No rest between	4000 meter at 20 S/M 3000 meter at 22 S/M 1000 meter at 24 S/M
WEEK 6		
C	4 x 2000 meter 3 minutes rest between	24 S/M
D	5 km rowing	Perform the 5 kilometer as: 750m at 22 S/M 250m at 28 S/M Repeat 5 times
B	2 x 10 minutes 6 minutes rest between	26+ S/M

D	5 x 2000 meter 2 minutes rest between	Perform the 5 intervals as: 1: 18 S/M 2: 20 S/M 3: 22 S/M 4: 20 S/M 5: 18 S/M
B	Repeat 3 times total: 3 minute 2 minute 1 minute Repeat 2 times more 1 minute rest between	Perform the intervals as: 3 minutes: round 1: 26 S/M, round 2: 28, round 3: 30 2 minutes: round 1: 28 S/M, round 2: 30 S/M, round 3: 32 S/M 1 minute round 1: 30 S/M, round 2: 32 S/M, round 3: 34 S/M
WEEK 7		
E	4 x 10 minutes 3 minutes rest between	20-22 S/M
D	3 x 12 minutes 2 minutes rest between	22-24 S/M
E	2 x 18 minutes 2 minutes rest between	First 18 minutes at 20 S/M Second 18 minutes at 22 S/M
D	8 km rowing	22 S/M
E	25 minutes rowing	20 S/M
WEEK 8		
A	2000-meter test	Optional
A	5000-meter test	Optional

E	25 minutes	20-22 S/M
D	4 x 9 minutes 2 minutes rest between	22 S/M
E	2 x 15 minutes 3 minutes rest between	20 S/M
WEEK 9		
D	4 rounds of 4 minutes 4 minutes 2 minutes 3 minutes rest between each interval	Perform the intervals as: First 4 minutes at 20 S/M Second 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 minutes 2 minutes rest between	22 S/M
C	4 x 2000 meter 3 minutes rest	24 S/M
D	5 x 2000 meter 2 minutes rest between	Perform the 5 intervals as: Interval 1: 18 S/M Interval 2: 20 S/M Interval 3: 22 S/M Interval 4: 20 S/M Interval 5: 18 S/M
WEEK 10		
B	4 x 1500 minutes 4 minutes rest between	28-30 S/M
C	3 x 2500 minutes 3 minutes rest between	24 S/M

E	10 km rowing	22 S/M
B	2 km rowing	28 S/M
D	3 x 12 minutes 2 minutes rest between	22 S/M
WEEK 11		
D	2 x 5000 meter 5 minutes rest between	2500 meter at 20 S/M 1500 meter at 22S/M 1000 meter at 24 S/M
C	4 x 7 minutes 3 minutes rest between	24 S/M
D	2 x 4000 meter 5 minutes rest	1000 meter at 22 S/M 1000 meter at 24 S/M 1000 meter at 22 S/M 1000 meter at 24 S/M
C	20 minutes rowing	24 S/M
E	30 minutes rowing	20 S/M
WEEK 12		
B	5 x 1000 meter 3 minutes rest between	30-32 S/M
E	7,5 km rowing	18-20 S/M
C	3 x 2250 meter 4 minutes rest between	24 S/M
D	5 x 2000 meter 2 minutes rest between	3 intervals of 2000 meter at 22 S/M 2 intervals of 2000 meter at 24 S/M

C	4 x 2500 meter 3 minutes rest between	24 S/M
WEEK 13		
B	5 x 5 minutes 3 minutes rest between	Perform each 5-minute intervals 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
D	5 x 7 minutes 2 minutes rest between	Perform the 7 minutes 2 minutes at 20 S/M 2 minutes at 22 S/M 2 minutes at 24 S/M 1 minute at 28 S/M
C	8 x 3 minutes 1,5 minutes rest between	24 S/M
WEEK 14		
C	3 x 8 minutes 3 minutes rest between	24 S/M
E	8 km rowing	20-22 S/M
D	2 x 15 minutes 3 minutes rest	Perform each 15-minute interval as: 5 minutes at 20 S/M 5 minutes at 22 S/M 5 minutes at 24 S/M
C	4 x 6 minutes 3 minutes rest between	24 S/M
D	3 x 10 minutes 2 minutes rest between	22 S/M

