

ADVANCED TRAINING PLAN



This plan is aimed at those with a high level of fitness, i.e. you regularly train four times a week or more. Use this plan to create an indoor rowing focused workout or to supplement your existing gym routine. This plan is designed to help you get the most out of your 2,000m row.

THINGS TO REMEMBER WHEN TRAINING...

Warm up and cool down	Always perform a suitable warm up and cool down before and after every session. Example warm up: 5-10 minutes on another piece of equipment followed by some dynamic stretching. Example cool down: 3 minutes light rowing followed by static stretching of main muscles used (glutes, hamstrings, quads).
Rowing technique	Drive phase: from the start the sequence is LEGS pushed flat, BODY lean back a little, ARMS pull through. Recovery phase: (the reverse of the Drive) ARMS straighten, then BODY leans over, then LEGS bend up to bring you back to the start. For a more detailed look at indoor rowing technique, check out our technique video with double olympic champion Alex Gregory on the British Rowing YouTube channel.
What is a split?	The 'split' is the time it takes to row 500m. The harder you work, the quicker you will row 500m and therefore the lower the split. Aim to be consistent with your splits on all of these workouts. Ensure the display on the monitor shows the split i.e. 0:00/500m.
What is the resistance level?	Set the damper lever to 4 or below. This will help you to maintain good technique for the duration of your workout.
What is the SPM?	SPM stands for Strokes Per Minute. As the stroke rate increases, the split should naturally drop because you will be rowing faster and working harder. At a slower stroke rate you should be able to maintain your splits for longer. To increase the stroke rate focus on driving/pushing harder with the legs whilst still taking your time on the recovery.
What is cross training?	Cross training is when you use another piece of cardio equipment to supplement your training routine. The cross training below (Session 3) will help to build your endurance fitness whilst providing variety to your weekly training routine.
Remember to include	Strength exercises such as squats and lunges. Core exercises that focus on lower back e.g. plank, side plank, dorsal raises. Stretches for your hip flexors and calves.

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Monthly goal (weeks 1-4)

Moving on from the intermediate training programme, your focus will be to work harder for longer whilst still maintaining good technique.

You will start to work at increasingly higher stroke rates.

Session 3 each week: Cross training on any other piece of cardio equipment for 15-20 minutes.

Week 1

Session 1:

4 min row @ 20 SPM
3 min row @ 22 SPM
2 min row @ 24 SPM

Session 2:

1 min row, 1 min rest x 3
3 min rest
1 min row, 1 min rest x 3

Aim for consistency in split and SPM.

Week 2

Session 1:

4 min row @ 20 SPM
3 min row @ 22 SPM
2 min row @ 24 SPM
1 min row @ 26 SPM

Session 2:

1 min row, 1 min rest x 3
2 min rest
1 min row, 1 min rest x 3

Week 3

Session 1:

5 min row @ 20 SPM
4 min row @ 22 SPM
3 min row @ 24 SPM
2 min row @ 26 SPM

Session 2:

1 min row, 1 min rest x 3
3 min rest
1 min row, 1 min rest x 4

Week 4

Session 1:

4 min row @ 22 SPM
3 min row @ 24 SPM
2 min row @ 26 SPM
1 min row @ 28 SPM

Session 2:

1 min row, 1 min rest x 3
2 min rest
30 second row, 1 min rest x 4

Monthly goal (weeks 5-8)

Continuing to build your endurance whilst focusing on your end goal of rowing 2,000m.

Session 3 each week: Cross training on any other piece of cardio equipment for 20 minutes.

Week 5

Session 1:

3 min row @ 20 SPM
3 min row @ 22 SPM
3 min row @ 24 SPM
2 min row @ 26 SPM
1 min row @ 28 SPM

Session 2:

1,000m row
3 mins rest
1,000m row

Aim for consistency by rowing at a slightly higher split in the first set to ensure you can maintain it in the second set.

Week 6

Session 1:

4 min row @ 20 SPM
3 min row @ 22 SPM
3 min row @ 24 SPM
2 min row @ 26 SPM
1 min row @ 28 SPM

Session 2:

1 min row @ 26-28 SPM, 1 min rest x 3
3 min rest
30 second row @ 28+ SPM, 1 min rest x 4

Week 7

Session 1:

5 min row @ 20 SPM
4 min row @ 22 SPM
3 min row @ 24 SPM
2 min row @ 26 SPM
1 min row @ 28 SPM

Session 2:

1,000m row @ 26-28 SPM
2.5 mins rest
1,000m row @ 26-28 SPM

Week 8

2,000m row

Consider holding your split slightly higher than you did in your 1,000m row (week 7) for the first 1,000m of this row to achieve consistency in the last 1,000m.

Congratulations on successfully completing the 8 week advanced training plan.

Sign up to the Go Row Indoor newsletter for more indoor rowing workout sessions and top tips.
www.britishrowing.org/indoor-rowing