

# ADAPTIVE TRAINING PLAN



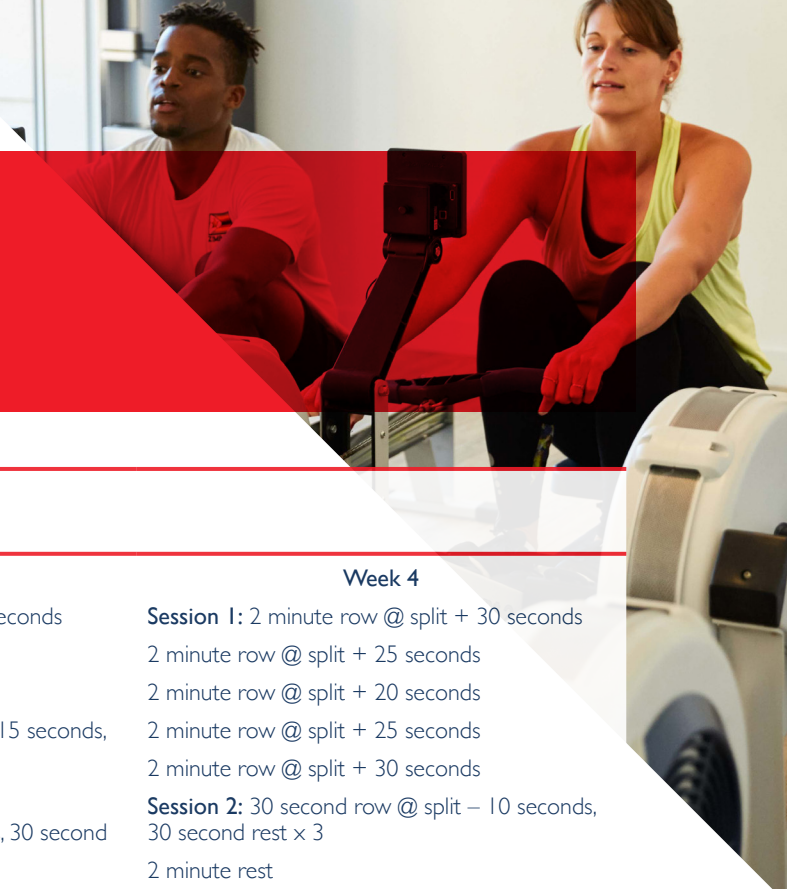
This plan has been designed for those with an impairment and looking for an indoor rowing focused training programme. At the end of the programme you will be able to confidently row 2,000m. This training plan is equally suitable for those wanting to row 500m, or for those with an aim to generally increase their fitness level.

## BEFORE YOU START...

*Always consult your doctor before starting any exercise programme to determine if it is right for your needs. The training programmes and recommendations contained within this website are not intended to be a substitute for professional medical advice, diagnosis or treatment. The use of the training programmes is at your own risk. British Rowing shall not be liable for any damages or injuries, however caused, occurring during or after adopting the training programmes or other recommendations made.*

<b>Adaptive rowing equipment</b>	The indoor rowing machine is easily adapted for those with an impairment, for more information on adaptive equipment check out the British Rowing website.
<b>Warm up and cool down</b>	Always perform a suitable warm up and cool down before and after every session. Example warm up: 5-10 minutes on a piece of cardio equipment followed by some stretching. Example cool down: 3 minutes light rowing followed by some stretching.
<b>What is the split?</b>	The 'split' is the time it takes to row 500m. The harder you work, the quicker you will row 500m and the lower the split. Ensure the display on the monitor display shows the split i.e. 0:00/500m, as this plan has been designed to work off your individual split.  For more information on how to set up the monitor, see the British Rowing website.
<b>Where should I set the damper (lever)?</b>	Set the damper lever to 4 or below. This will help you maintain good technique for the duration of your workout. Please see the British Rowing website for further details.
<b>What is cross training?</b>	Cross training is when you use another piece of cardio equipment to supplement your training routine. The cross training within this plan will help to build your endurance fitness whilst providing variety to your weekly training routine. If the indoor rowing machine is your chosen piece of cardio for all training sessions, we recommend that Session 3 is a steady state row for the stated length of time at split + 30 seconds.
<b>Rowing technique</b>	Sliding Seat – Drive: Legs, Body, Arms. Recovery: Arms, Body, Legs. Fixed Flat Seat – Drive: Body, Arms. Recovery: Arms, Body. Fixed Upright Seat – Drive: Shoulders, Arms. Recovery: Arms, Shoulders.
<b>Remember to include</b>	<b>Strength exercises</b> – it is important to keep your body strong to reduce the risk of injury and ultimately help improve your performance. Find example exercises in the Go Row Indoor workout video on the British Rowing YouTube channel. <b>Core exercises</b> - a strong trunk not only aids the body lean movement but ensures a smooth power transition throughout the stroke. <b>Stretches</b> – are important to increase your range of motion and decrease muscle stiffness after exercise.

# ADAPTIVE TRAINING PLAN



**Monthly goal:** Get used to being on the rowing machine for progressively longer periods of time, develop technique and build rowing fitness.

**Session 3 each week:** cross training on any other piece of cardio equipment for 15 minutes.

Week 1	Week 2	Week 3	Week 4
<p><b>Session 1:</b> 1,000m best effort</p> <p><i>Note down your average split for this row as all future sessions will be based on it, e.g. - 10 seconds would be your split minus 10 seconds.</i></p> <p><b>Session 2:</b></p> <p>30 second row @ split -10 seconds, 45 second rest x 3</p> <p>3 minute rest</p> <p>30 second row @ split -10 seconds, 45 second rest x 3</p>	<p><b>Session 1:</b> 3 minute row @ split + 30 seconds</p> <p>3 minute row @ split + 25 seconds</p> <p>3 minute row @ split + 20 seconds</p> <p><b>Session 2:</b> 30 second row @ split – 15 seconds, 45 second rest x 3</p> <p>2 minute rest</p> <p>30 second row @ split – 15 seconds, 45 second rest x 3</p>	<p><b>Session 1:</b> 4 min row @ split + 30 seconds</p> <p>4 min row @ split + 25 seconds</p> <p>2 min row @ split + 20 seconds</p> <p><b>Session 2:</b> 30 second row @ split – 15 seconds, 30 second rest x 3</p> <p>3 minute rest</p> <p>30 second row @ split – 10 seconds, 30 second rest x 3</p>	<p><b>Session 1:</b> 2 minute row @ split + 30 seconds</p> <p>2 minute row @ split + 25 seconds</p> <p>2 minute row @ split + 20 seconds</p> <p>2 minute row @ split + 25 seconds</p> <p>2 minute row @ split + 30 seconds</p> <p><b>Session 2:</b> 30 second row @ split – 10 seconds, 30 second rest x 3</p> <p>2 minute rest</p> <p>30 second row @ split – 15 seconds, 30 second rest x 3</p>

**Monthly goal:** Continuing to build your endurance whilst testing yourself with two 1,000m rows. These will give you an idea of the fitness needed for your 2,000m end goal.

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

Week 5	Week 6	Week 7	Week 8
<p><b>Session 1:</b> 1,000m row, 3 minute rest, 1,000m row</p> <p><i>Aim for consistency by rowing at a slightly higher split in the first set to ensure you can maintain it in the second set. Make note of your average split time for both sets.</i></p> <p><b>Session 2:</b> 45 second row @ split – 10 seconds, 45 second rest x 3</p> <p>3 minute rest</p> <p>45 second row @ split – 10 seconds, 45 second rest x 3</p>	<p><b>Session 1:</b> 3 minute row @ split + 30 seconds</p> <p>2 minute row @ split + 25 seconds</p> <p>3 minute row @ split + 20 seconds</p> <p>2 minute row @ split + 25 seconds</p> <p>3 minute row @ split + 30 seconds</p> <p><b>Session 2:</b> 45 second row @ split – 15 seconds, 45 second rest x 3</p> <p>2 minute rest</p> <p>45 second row @ split – 10 seconds, 45 second rest x 3</p>	<p><b>Session 1:</b> 1,000m row, 2.5 minute rest, 1,000m row</p> <p><i>Steady state with the aim to hold your split time slightly lower than in week 5.</i></p> <p><b>Session 2:</b> 1 minute row @ split – 10 seconds, 1 minute rest x 3</p> <p>3 minute rest</p> <p>1 minute @ split – 10 seconds, 1 minute rest x 3</p>	<p>2,000m row</p> <p><i>Consider holding your split slightly higher than you did in your first 1,000m row in week 7, for the first 1,000m of this row to achieve consistency in the last 1,000m.</i></p> <p><b>Congratulations on successfully completing the 8 week training plan.</b></p> <p><b>If you fancy trying something different on the indoor rowing machine, check out one of the 20 minute Go Row Indoor workout video on the British Rowing YouTube channel.</b></p>