

BEGINNER TRAINING PLAN



This plan is aimed at those who are new to regular exercise and want to base their training on the indoor rowing machine. It can be used as a standalone training plan but also works well as part of a longer gym workout alongside other fitness activities. The aim of this plan is to improve the time it takes you to row 500m.

THINGS TO REMEMBER WHEN TRAINING...

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.

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	Sliding Seat - Drive: Legs, Body, Arms. Recovery: Arms, Body, Legs. Fixed Flat Seat - Drive: Arms, Body. Recovery: Body, Arms. Fixed Upright Seat - Drive: Shoulders, Arms. Recovery: Arms, Shoulders.
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 the lower the split. Ensure the display on the monitor shows the split i.e. 0:00/500m, as this plan has been designed to work off your individual split.
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.
Adaptive exercise alternatives	Squat/Squat Jump = Resisted Crunch with a resistance band on the front of the machine Plank = Side Bends or Shoulder Circles Lunge = Lateral Raise with dumbbells or Tricep Extension Side Plank = Side Bends Mountain Climbers = Squat or Bicep Curl with a resistance band on the front of the machine
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)	Week 1	Week 2	Week 3	Week 4
<p>Perform a 500m test to set your baseline fitness and then aim to improve this by working at a variety of training intensities.</p> <p>Session 3 each week: Cross training on any other piece of cardio equipment for 20 minutes.</p> <p>If using the indoor rowing machine, row at split +25 seconds.</p>	<p>Session 1: 500m test</p> <p>Use this to set your baseline and base the following sessions on your average split for the test.</p> <p>Session 2: 1 min row, 1 min squats x 2 30 second side plank (each side) 1min plank 1 min row, 1 min lunges x 2 @ split +5 seconds</p>	<p>Session 1: 1 min row, 1 min rest x 6 @ split -5 seconds</p> <p>Session 2: 10 min row @ +15 seconds max 24 SPM for adaptive rowers max 26 SPM Every 2 min do 10 power strokes Power Strokes = big leg drive and slow recovery</p>	<p>Session 1: 1 min row, 1 min rest x 8 @ split -5 seconds</p> <p>Session 2: 1 min row @ 20 SPM 1 min row @ 22 SPM 1 min row @ 24 SPM 1 min row @ 26 SPM 1 min row @ 28 SPM 2 min rest, then repeat 28-22 SPM adaptive rowers +2 SPM</p>	<p>Session 1: 90 second row, 1 min rest x 5 @ split -5 seconds</p> <p>Session 2: 1,000m row @ 28 SPM 3 min rest 1,000m row @ 28 SPM adaptive rowers any SPM</p>
Monthly goal (weeks 5-8)	Week 5	Week 6	Week 7	Week 8
<p>Repeat the 500m test to demonstrate improvement and build on your endurance and speed ahead of your final 500m test.</p> <p>Session 3 each week: Cross training on any other piece of cardio equipment for 25 minutes.</p> <p>If using the indoor rowing machine, row at split +25 seconds.</p>	<p>Session 1: 500m re-test</p> <p>Use your new score and average split to base the following sessions on.</p> <p>Session 2: 30 second side plank (each side) 30 second row, 30 second squat jumps x 3 1 min plank 30 second row, 30 second mountain climbers x 3 30 second side plank (each side) @ split -5 seconds</p>	<p>Session 1: 90 second row, 1 min rest x 7 @ split -5 seconds</p> <p>Session 2: 15 min row @ +10 seconds max 24 SPM for adaptive rowers max 26 SPM Every 2 min do 10 power strokes Power Strokes = big leg drive and slow recovery</p>	<p>Session 1: 2 min row, 1 min rest x 4 @ split -5 seconds</p> <p>Session 2: 250m row @ 20 SPM 250m row @ 22 SPM 250m row @ 24 SPM 250m row @ 26 SPM 250m row @ 28 SPM 2 min rest, then repeat 28-22 SPM adaptive rowers +2 SPM</p>	<p>Session 1: 1,000m row @ 24 SPM 2 min rest 1,000m row @ 26 SPM 2 min rest 1,000m row @ 28 SPM For adaptive rowers +2 SPM</p> <p>Session 2: Race Day!</p>

Congratulations on successfully completing the 8 week beginner training plan.