

INTERMEDIATE TRAINING PLAN



This plan is aimed at those with a decent level of fitness, i.e. you regularly train twice a week. It will help you build your existing fitness using the indoor rowing machine for both endurance and speed workouts. This plan is designed to improve your ability to row 500m but can be used as part of a wider training plan for general fitness.

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.
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.

INTERMEDIATE TRAINING PLAN



Monthly goal (weeks 1-4)	Week 1	Week 2	Week 3	Week 4
<p>Moving on from the beginner training plan you will start to work at higher intensities and learn how to maintain that level of effort more consistently.</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 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: 500m row, 2 min rest 400m row, 2 min rest 300m row, 1 min rest 200m row, 1 min rest 100m row</p> <p>@ split +5 seconds</p>	<p>Session 1: 30 second row, 30 second rest x 10</p> <p>@ 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</p> <p>and continue back down to 20 SPM For adaptive rowers +2 SPM</p>	<p>Session 1: 40 second row, 80 second rest x 10</p> <p>@ split -5 seconds</p> <p>Session 2: 400m row @ 20 SPM 400m row @ 22 SPM 400m row @ 24 SPM 400m row @ 26 SPM 400m row @ 28 SPM</p> <p>For adaptive rowers +2 SPM</p>	<p>Session 1: 100m row every minute on the minute x 8 rest for the remainder of the minute</p> <p>@ > -5 seconds</p> <p>Session 2: 1 min row, 1 min rest @ -5 seconds 2 min row, 2 min rest @ +5 second 3 min row, 3 min rest @ +10 seconds 2 min row, 2 min rest @ +5 seconds 1 min row @ -5 seconds</p>
Monthly goal (weeks 5-8)	Week 5	Week 6	Week 7	Week 8
<p>Continuing to build on the intensity of the sessions you will also learn how to control the stroke rate whilst maintaining a strong leg drive.</p> <p>Session 3 each week: Cross training on any other piece of cardio equipment for 30 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: 500m row, 1 min rest 400m row, 1 min rest 300m row, 1 min rest 200m row, 1 min rest 100m row</p> <p>@ split +5 seconds</p>	<p>Session 1: 30 second row, 30 second rest x 14</p> <p>@ 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 1 min row @ 30 SPM</p> <p>and continue back down to 20 SPM For adaptive rowers +2 SPM</p>	<p>Session 1: 40 second row, 80 second rest x 10</p> <p>@ split -5 seconds</p> <p>Session 2: 500m row @ 22 SPM 500m row @ 24 SPM 500m row @ 26 SPM 500m row @ 28 SPM 500m row @ 30 SPM</p> <p>For 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</p> <p>For adaptive rowers +2 SPM</p> <p>Session 2: Race Day!</p>

Congratulations on successfully completing the 8 week intermediate training plan.