

TRAINING PLAN - NEW ROWERS



Here's a four week training plan designed to get you ready to take on the Big Row

If you can fit a third session in aim for at least 30 minutes of cross training eg cycle, walk, run, swim

	Week 1	Week 2	Week 3	Week 4
Session 1:	2 x 5mins	3 x 5mins	2 x 10mins	3x 10mins
	90 seconds rest between	90 seconds rest between	90 seconds rest between	90 seconds rest between
	20 SPM	20 SPM	20 SPM	20 SPM
Session 2:	2 x 1km	2 x 1.5km	2 x 2km	3 x 1.5km
	90 seconds rest between	90 seconds rest between	90 seconds rest between	90 seconds rest between
	24 SPM	24 SPM	24 SPM	24 SPM

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).

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.

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 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.