

TRAINING PLAN - REGULAR ROWERS

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

If you can fit a fourth session in aim for 45-60 minutes of cross training eg cycle, walk, run, swim

	Week 1	Week 2	Week 3	Week 4
Session 1:	3 x 8 mins 8 mins rest between 24-28 SPM	4 x 8 mins 8 mins rest between 24-28 SPM	3 x 2km 8 mins rest between 24-28 SPM	4 x 2km 8 mins rest between 24-28 SPM
Session 2:	2 x 15 mins 90 seconds rest between 18 SPM	3 x 15 mins 90 seconds rest between 18 SPM	2 x 20 mins 90 seconds rest between 18 SPM	3 x 20 mins 90 seconds rest between 18 SPM
Session 3:	16 x 30 seconds 1 min rest between 30+ SPM	12 x 45 seconds 90 seconds rest between 30+ SPM	8 x 1 min 2 mins rest between 30+ SPM	10 x 200m 1 min rest between 28+ 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).

The cool down is especially important when training two days back-to-back. It resets your body better following the first session, ready for the next.

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.