

100M SPRINT TRAINING PLAN



**CREATED BY WORLD RECORD
HOLDER AND BRITISH
ROWING SPRINT CHAMPION
PHIL CLAPP**

**This 100m sprint training
plan is aimed at developing
the strength and power
required for the 100m sprint
event alongside practising
the technical aspects of
maximal sprinting.**

BEFORE YOU START

Always consult your doctor before starting any exercise programme to determine if it is right for your needs. The training programmes 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.

SPRINTS

One of the biggest pitfalls that athletes fall into with sprint events is training in a similar manner you would for a 2km race, high volume and cumulative fatigue are not conducive to sprint performance. The focus of these sessions should always be on quality; the rest periods look long between efforts however when completed at the right effort level you should require every second of this.

SET UP

Drag factor is a personal preference. Phil suggests starting around 25 points higher than what you might use for 2km. In simple terms that means moving the damper lever up a level or two. Your foot rest should be positioned one or two holes higher than your usual setting.

WARM UP

Make sure to complete a full warm up ahead of any of the sessions in this training plan. The should consist of at least eight to ten minutes of rowing building up from very light pressure to light/medium pressure.

REST

Rest periods in each session should be fairly static; the main focus is to be as recovered as possible for the next effort, but feel free to walk or row lightly just to keep the body warm.

RPE / SPM

RPE (Rate of Perceived Exertion) is a subjective way to measure your intensity based on how you feel during physical activity.

SPM (Strokes Per Minute) is your stroke rate, and will be displayed on your rowing machine monitor

COOL DOWN

A sensible cool down is as important as a good warm up after these sessions. It's always good to include some simple stretches off the machine after this to round off your workout.

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WEEK 1

Session 1

8 X 100M WITH 2 MINUTES REST

RPE: 9 SPM: 45+

The first effort is from a standing start with the remaining efforts from a rolling start. The repeating efforts should give you a good opportunity to practice sprint technique while maintaining quality. As a starting point try to aim for your 500m split or just faster.

Session 2

**4 STROKE START, 1 MINUTE REST, 100M MAX
X4**

6 MINUTES REST BETWEEN SETS

RPE: 10 SPM: 45+

The aim is to practise the first few strokes of the race. Each effort is from a standing start, ideally with the flywheel of the machine having come to a complete stop. Try not to row any shorter than 1/2 slide for these starts as you want to keep some stroke length while driving as hard as physically possible!

WEEK 2

Session 1

8 X 100M WITH 2 MINUTES REST

RPE: 9 SPM: 45+

Repeating your first session from last week. Hopefully you should start to feel slightly more comfortable at higher rates after the first week.

Session 2

**50M, 2 MINUTES REST, 100M MAX
X4**

6 MINUTES REST BETWEEN SETS

RPE: 10 SPM: 45+

A slight variation on week one however the focus remains on absolutely maximal effort on each effort. Phil says to focus on attacking from the standing start and getting to maximum speed by your 3rd or 4th stroke.

WEEK 3

Session 1

6 X 100M WITH 2 MINUTES REST

RPE: 9 SPM: 44+

Remember, the first effort is from a standing start with the remaining efforts from a rolling start. The repeating efforts should give you a good opportunity to practice sprint technique while maintaining quality.

Session 2

**5SECOND START, 2 MINUTES REST, 10SECONDS
MAX X4**

6 MINUTES REST BETWEEN SETS

RPE: 10 SPM: 45+

Make sure to row from a standing start each time, and try to row no shorter than 1/2 slide. You get two minutes rest between the 5s and 10s starts and six minutes rest between sets, to enable top quality maximal efforts!

Session 3

2 x 100M TEST, 10 MINUTES REST

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WEEK 4

Session 1

8-10 X 100M WITH 2 MINUTES REST

RPE: 9 SPM: 45+

By now this session will be becoming familiar to you. Aim for eight good quality reps and if you're still feeling good, increase it to ten reps.

Session 2

**50M, 2 MINUTES REST, 100M MAX
X4**

6 MINUTES REST BETWEEN SETS

RPE: 10 SPM: 45+

A repetition of a session you did in week two, but good practice to get the feel for the full distance you will be racing over.

WEEK 5

Session 1

2 X 100M TEST WITH 10 MINUTES REST

RPE:10 SPM:46+

You have another chance to "test" this week, ahead of the final test. Make sure to start with a full warm up, finishing with a two or three stroke start to fire up the nervous system.

Session 2

**5SECOND EFFORT, 2 MINUTES REST, 10SECOND
EFFORT X4**

6 MINUTES REST BETWEEN SETS

RPE: 10 SPM: 45+

Revisiting another favourite session and another chance to practice the first few strokes of your race. Each effort is from a standing start to replicate race conditions and remember to try and keep some stroke length whilst driving as hard as possible to generate the most power!

WEEK 6

Race day!

Congratulations on successfully completing the Sprint Training Plan!

Now, it's time to get ready to complete your best 100m sprint at the British Rowing Indoor Championships.

Good Luck!