

**Rowing Training Programme 1: Normal training**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Morning	S&C – 60 mins lower body and core/trunk	16km UT2 4km warm up incl. tech drills, then 2x6km continuous	OFF	S&C – 75 mins Mixed and core/trunk	OFF or active recovery: stretch/walk/yoga	<u>Session 1</u> 12km row UT2 4km warm up incl. tech drills, then 8km continuous <u>Session 2</u> 16km row Including 3x2km AT/TR R26,28,30	<u>Session 1</u> 18km row UT2 Continuous <u>Session 2</u> 8km technique OR gym-based robustness	
Afternoon	90 minutes or 18km ergo UT2 This could be as cross-training if you have done a lot of rowing over the weekend	S&C – 60 mins Upper body and core/trunk	<u>Session 1</u> 12km UT2/tech incl. 5x20 str bursts <u>Session 2</u> 12km row/ergo: UT1/AT work e.g. 30 mins or 3x(2.5k/10min)	16km row: UT2/UT1 incl. rate changes each 2 min e.g. 18/20/18/22/19/20	OFF	OFF	OFF	
<b>Total distance</b>	18km	16km	24km	16km	-	28km	26km	<b>138km</b>
<b>LIT</b>	18km	16km	15km	12km	-	22km	26km	<b>119km (86%)</b>
<b>MIT</b>	-	-	8km	4km	-	2km	-	<b>14km (10%)</b>
<b>HIT</b>	-	-	1km	-	-	4km	-	<b>5km (4%)</b>
<b>S&amp;C duration</b>	60min	60min		75min			(45min)	<b>195min (+45mins)</b>

 Find out more here <https://plus.britishrowing.org/designing-an-elite-rowing-training-programme/>

**Rowing Training Programme 2: Stepping up from 2 to 3 sessions a day**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Morning	<u>Session 1</u> 18km row UT2 <u>Session 2</u> S&C – 60 mins Lower body and core/trunk	<u>Session 1</u> 16km row UT2 4km warm up incl. tech drills, then 2x6km continuous <u>Session 2</u> S&C – 60 mins Upper body and core/trunk	OFF	<u>Session 1</u> 16km row UT2 Steady row after the harder work the previous day, reset tech themes <u>Session 2</u> S&C – 75 mins Mixed and core/trunk	OFF or active recovery: stretch/walk/yoga	<u>Session 1</u> 12km row UT2 4km warm up incl. tech drills, then 8km continuous <u>Session 2</u> 16km row Incl. 3x2km AT/TR R26,28,30	<u>Session 1</u> 18km row UT2 Continuous <u>Session 2</u> 8km technique OR gym-based robustness	
Afternoon	60 minutes or 12km ergo UT2 This could be as cross-training if you have done a lot of rowing over the weekend	12km row UT2/UT1 Incl. rate changes each 2 min e.g. 18/20/18/22/19/20	<u>Session 1</u> 12km UT2/tech incl. 5x20 str bursts <u>Session 2</u> 12km row/ ergo: UT1/AT work e.g. 30 mins or 3x(2.5k/10min)	60 minutes x-training Bike/run/swim	OFF	OFF	OFF	
<b>Total distance</b>	30km	28km	24km	28km	-	28km	26km	<b>164km</b>
<b>LIT</b>	30km	24km	15km	28km	-	22km	26km	<b>145km (88.5%)</b>
<b>MIT</b>	-	4km	8km	-	-	2km	-	<b>14km (8.5%)</b>
<b>HIT</b>	-	-	1km	-	-	4km	-	<b>5km (3%)</b>
<b>S&amp;C duration</b>	60min	60min		75min			(45min)	<b>195min (+45min)</b>

**Rowing Training Programme 3: Strength development**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Morning	S&C – 75 mins Lower body and core/trunk	12km UT2/UT1 4km warm up incl. tech drills, then alternate 2k UT2/2k UT1	OFF	16km row UT2 4km warm up incl. tech drills, then 2x6km continuous	OFF or active recovery: stretch/yoga	<u>Session 1</u> 8km row tech <u>Session 2</u> S&C – 60 mins Mixed and individual dependent on need	<u>Session 1</u> 12km row UT2 4km warm up incl. tech drills, then 8km continuous <u>Session w</u> 12km row Incl. 4x1 km TR R26,28,30,32	
Afternoon	90 min bike UT2	S&C – 75 mins Upper body and core/trunk	<u>Session 1</u> Gym Stretch > weightlifting technique > core/trunk <u>Session 2</u> 16km row: AT/TR work Power strokes: 10 x 30 str R22-26 (optional bungee)	S&C – 75 mins Mixed and core/trunk	OFF	OFF	OFF	
<b>Total distance</b>	18km	12km	16km	16km	-	8km	24km	<b>94km</b>
<b>LIT</b>	18km	8km	12km	16km	-	8km	20km	<b>82km (87%)</b>
<b>MIT</b>	-	4km	3km	-	-	-	-	<b>7km (7.5%)</b>
<b>HIT</b>	-	-	1km	-	-	-	4km	<b>5km (5.5%)</b>
<b>S&amp;C duration</b>	75min	75min	45min	75min		60min		<b>330min</b>

**Rowing Training Programme 4: Training camp**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Morning	<u>Session 1</u> 12km UT2/tech Beginning of camp technique themes, set up boats etc. <u>Session 2</u> 30 min stretch	<u>Session 1</u> 18km UT2 6km warm up incl. tech drills, then 2x6km continuous <u>Session 2</u> 60 min core/trunk, some key S&C lifts	<u>Session 1</u> 12km UT2 incl. 6x15 stroke bursts r30-34 <u>Session 2</u> 10-16km incl. 4-6x1500m 'pieces' Could be done as seat racing or trying different combinations. R26 to Race pace	<u>Session 1</u> 20' team run then S&C – 60 mins Mixed and core/trunk <u>Session 2</u> 16km row UT2/UT1 Incl. rate changes each 2 min e.g. 18/20/18/22/19/20	<u>Session 1</u> 16km UT2/tech 4km warm up incl. tech drills, then 2x6km continuous <u>Session 2</u> 10km incl. 6x500m TR/AC 2xR28, 2xR30, 2xRace pace	<u>Session 1</u> 12km UT2 incl. 6x15 stroke bursts r30-34 <u>Session 2</u> Starts regatta: 6x100m starts Side-by-side	<u>Session 1</u> 8km 'pre-paddle' <u>Session 1</u> 2km race (or equivalent)	
Afternoon	18km UT2/UT1 Side-by-side paddling if you have the chance. 4x8min r20/22	8km technique session Video analysis, static drills	OFF Team activity!	10km row UT2 Incl. 6x15 stroke bursts r34-38 and speed drills	45 min stretch, core/trunk	OFF Team activity!	Boat load and travel	
<b>Total distance</b>	30km	26km	28km	26km	26km	20km	16km	<b>172km</b>
<b>LIT</b>	22km	26km	18km	21km	23km	18km	13.5km	<b>141.5km (82%)</b>
<b>MIT</b>	8km	-	-	4km	-	-	-	<b>12km (7%)</b>
<b>HIT</b>	-	-	10km	1km	3km	2km	2.5km	<b>18.5 km (11%)</b>
<b>S&amp;C duration</b>		60min		60min				<b>120min</b>