

4-WEEK TRAINING PLAN

WEEK 1	WORKOUT	AVERAGE PACE LOG
Day 1	An easy 2000m row. Your goal is just to finish the 2k, preferably without stopping. Don't start too fast. Record your time because it will be fun to look back on this first 2k piece.	
Day 2	Break up the 2k into 4 pieces of 500 meters. Work at a steady pace that you can maintain for the whole piece. Take 2 min rest before the next one.	
Day 3	Row 6 x 2 minutes good effort with 1 min rest.	
Day 4 (optional)	Row a steady easy 3000m at a consistent pace.	

WEEK 2	WORKOUT	AVERAGE PACE LOG
Day 1	4 x 4 minutes with 2 min rest	
Day 2	3 x 1000m work with 3 min rest	
Day 3	8 x 2 minute with 1 min rest	
Day 4 (optional)	4000m row at a consistent pace.	

WEEK 3	WORKOUT	AVERAGE PACE LOG
Day 1	5 x 4 minutes with 2 min rest	
Day 2	6 x 500m work with 2 min rest	
Day 3	10 x 2 minute with 1 min rest	
Day 4 (optional)	5000m row at a consistent pace.	

WEEK 4	WORKOUT	AVERAGE PACE LOG
Day 1	6 x 2 minutes with 2 min rest	
Day 2	4 x 4 minutes work with 3 min rest	
Day 3	2000m race	
Day 4 (optional)	8000m row at a consistent pace	

WORKOUT INFORMATION

- Warm up prior to the workouts listed. The warmup should consist of 5 to 10 minutes of rowing that begins easily, builds to moderate intensity, and includes a few short bursts of higher intensity near the end.
- Strokes per minute should be maintained between 24 and 34 during the workouts.
- Each week includes three rowing workouts. We have included an optional 4th workout for those wishing to row four times per week. Off days should include optional cross-training exercise.
- For the interval workouts, “Rest” is defined as very easy, zero intensity rowing.
- Use your recorded pace from previous workouts to plan for the next. If the workout is the same as the previous week, see if you can improve your pace. If the workout has more intervals than the previous week, see if you can maintain the same pace.