

Winter Workout Plan • Week #1

Day	Workout	Details	Weight loss/Control	Fitness/Cross-Training	Advanced/Competitive
Monday Notes:	Threshold Intervals	Alternate 4 minutes of hard rowing with 3 minutes of easy rowing	Row at a moderately challenging pace for the hard intervals and a moderately easy pace in between. Try for 4-6 intervals, fewer for novices. The more the better for weight control.	Do the work intervals at a challenging pace but not quite max effort. Aim for 3-4 intervals	Do the work intervals at a challenging pace but not max effort. Use your best 5k pace, if you know it. Do 4-5 intervals.
Tuesday Notes:	Steady row with short bursts	Long moderate row with a "power ten" every 500 meters. (Power Ten = ten strokes at higher intensity.)	Row for 30-45 minutes. For weight control, the longer the better. Pace: conversational. Find a friend to row with and talk as you row.	Row 40-45 minutes	Row 40-60 minutes.
Wednesday Notes:	Short intervals	1 minute of hard rowing, followed by 30 seconds of easier rowing. Repeat four times for one set then take a break of 3 minutes before starting the next set.	Beginners should do 2-3 sets at moderate intensity.	For the first set, row at a moderate pace. For the next two sets, try to increase the intensity of the work intervals. If you feel good, do a 4th set and slightly lower intensity.	Do 4-5 sets with good intensity. Faster than your best 2k pace.
Thursday Notes:	Longer row with alternating intensity	Alternate 45 seconds (or 20 strokes) of moderately hard rowing with 15 seconds (or 5 strokes) of easy rowing. Make the transitions smooth.	Row with this alternating intensity pattern for 10 minutes. Take a break for five minutes of easy rowing, then return to the alternating pattern for another 5-10 minutes.	Row with this alternating intensity pattern for 15 minutes. Take a break for five minutes of moderately easy rowing, then return to the alternating pattern for another 5-15 minutes.	Row with this alternating intensity pattern for 20 minutes. Take a break for five minutes of moderate rowing, then return to the alternating pattern for another 10-20 minutes.
Friday Notes:	Easy row!	Watch a movie; talk to a friend; row with your kids. Take a break to stretch in the middle.	The longer you go, the more calories you'll burn. 30 minutes maximum	Keep the pace easy and think about good technique. This is a recovery row. 30 minutes maximum	Good technique, easy steady state. Rest up for tomorrow. 30 minutes maximum
Saturday Notes:	Decreasing length pieces	Starting with a 5 or 6 minutes piece, each successive piece will be shorter by a minute and a little more intense, until you get to the last piece of 1 minute as hard as you can go. Row easily for 2 minutes in between pieces.	5 minutes moderately easy, 4 minutes moderate, 3 minutes a little harder, 2 minutes a little harder still, 1 minute piece as hard as you can go!	5 minutes at moderate pace, 4 minutes moderately hard, 3 minutes a little harder, 2 minutes a little harder still, 1 minute piece as hard as you can go!	6 minutes moderately hard 5 minutes moderately hard 4 minutes moderately hard, 3 minutes a little harder, 2 minutes a little harder still, 1 minute piece as hard as you can go!
Sunday Notes:	Rest day	No rowing!	Take a walk or do outdoor chores to burn some calories.	Rest, stretch, do something outdoors.	Rest, stretch, do something outdoors.

Winter Workout Plan • Week #2

Day	Workout	Details	Weight loss/Control	Fitness/Cross-Training	Advanced/Competitive
Monday Notes:	Alternating intensity	Row three minutes at a low stroke rate (22-25 SPM); then two minutes at slightly higher stroke rate (24-27 SPM); then one minute at a still higher stroke rate (26-30 SPM).	Row this sequence 4 to 6 times for a total elapsed time of 24-36 minutes. Intensity as follows: 3min @ easy conversational pace 2min @ moderate	Row this sequence 4 to 5 times for a total elapsed time of 24-30 minutes. Intensity as follows: 3min @ moderate pace 2min @ moderately hard pace 1 min@ hard pace	Row this sequence 5 to 7 times for a total elapsed time of 30-42 minutes. Intensity as follows: 3min @ moderately hard pace, controlled slide 2min @ moderately hard pace, quicker, lighter 1 min@ hard pace
Tuesday Notes:	Steady row	Row at a comfortable conversational pace. Take a few power tens in the first 10 minutes to make the pace feel easier.)	Don't go too hard, but try to row for longer than you rowed last Tuesday, aiming for 35 to 50 minutes total.	Nice steady rowing. Aim for 45-50 minutes total.	Nice steady rowing, 50-70 minutes.
Wednesday Notes:	Short intervals	Row 20 seconds hard, 40 seconds easy, and repeat for a set of 10. Aim for a stroke rate of 28-30 SPM for the 20 second work interval.	Do a set of ten of these intervals, starting off a little easier and gradually building intensity through the set. Row easily for five minutes then do another set of ten. Be sure to maintain good technique at the higher intensity.	Do 2 sets of 10 of these intervals. Start a little easy on the first interval of each set; then row hard for all the rest of them. Row easily for five minutes in between the two sets. Be sure to maintain good technique at the higher intensity.	Do 3 sets of 10 of these intervals. Start a little easy on the first interval of each set; then row hard for all the rest of them. Row easily for five minutes in between the sets. Be sure to maintain good technique at the higher intensity.
Thursday Notes:	Long pieces	10 minute pieces with 4 minutes rest between	Do at least 2 of these pieces; add a 3rd if you feel good and want to burn more calories. Row at a steady moderate pace	These pieces should be rowed at a moderately hard pace – not so hard that you can't finish them. Do 2-3 of them depending on how much time you have.	Find a moderately hard pace that will allow you to do three of these pieces with good consistent effort.
Friday Notes:	Mostly mindless, but steady and long. Earn your weekend! Bring a friend so you can talk while you row.	Every 1000 meters row harder for 30 seconds.	Aim for 6-8k total	Aim for 8-10k total	Aim for 10-12k total
Saturday Notes:	Pyramid pieces	1-2-3-4-3-2-1 minute pieces with equal rest time.	As you work up the pyramid, row at a moderate pace. As you come back down the pyramid, try to row a little harder on each successive piece.	Row at a moderately hard pace as you work up the pyramid, then increase the intensity on each piece as you come back down.	Good intensity on all these pieces, but especially as you come back down the pyramid.
Sunday Notes:	Rest. No rowing.		Walk, mow the lawn, do something easy but active to burn some calories.	Rest, stretch, do something outdoors.	Rest, stretch, do something outdoors.

Winter Workout Plan • Week #3

Day	Workout	Details	Weight loss/Control	Fitness/Cross-Training	Advanced/Competitive
Monday Notes:	Intervals	1000 meter pieces with 4 minutes rest between.	Aim for 4-5 of these pieces. Row at a moderate pace on the first and last pieces, and a little harder on the rest.	Row 4-5 pieces. First and last piece should be done at a moderate pace. The rest should be done hard, meaning you should be feeling ready to stop when you get to the end of each piece!	Do 5 of these pieces. Go for max effort.
Tuesday Notes:	Easy steady row at a comfortable pace.	Listen to music, talk to a friend or watch the news. Take a stretch break in the middle if you want to.	Aim for 40-50 minutes.	Aim for 45-60 minutes.	Aim for 60-75 minutes.
Wednesday Notes:	Stroke pyramids	10 strokes hard, 10 strokes easy; 20 strokes hard, 10 strokes easy; 30 strokes hard, 10 strokes easy; 20 strokes hard, 10 strokes easy; 10 strokes hard, 10 strokes easy. Row easy for 3 minutes between pyramids.	Try for three of these pyramids. Build gently into the first few strokes of each hard piece and be sure to maintain good technique.	Do 3-4 of these pyramids. Be sure to maintain good technique throughout.	Do 4-6 pyramids. Good effort and good technique throughout all the pieces.
Thursday Notes:	Rest or Cross-Training	Rest or do some light exercise. This is your "taper" for tomorrow's time trial.	You may do an easy row if you want to, for the purpose of burning some calories.	Rest, stretch, taper.	Rest, stretch, taper.
Friday Notes:	2000 meter time trial. Be sure to record your score!	Suggested warm up: Row 10 strokes hard, 10 strokes easy and repeat three times. Row 20 strokes hard, 10 easy and repeat 2 times.	Start at a pace that you know you can maintain for 2000 meters. In the second half of the piece, if you feel good, increase your intensity, and be sure you are exhausted by the end!	If you have done a prior 2k piece, use that pace as a starting point. If this is your first piece, start out at a pace that you think you can maintain for 2000 meters. In the second half of the piece, if you feel good, increase your intensity, and be sure you are exhausted by the end!	Go for a PR on this test. Use your best previous 2k pace as a starting point. If you feel good in the last 500, take up the intensity and empty the tanks!
Saturday Notes:	Long steady row: Row with a friend, or listen to music or books on tape, or put your erg in a new location.	Row 10 minutes, get off and stretch. Continue rowing, taking five power tens in the next few minutes. Settle into a comfortable conversational pace.	Aim for 60 minutes - or longer than you have rowed before at one sitting.	Aim for 70 minutes - or longer than you have rowed before at one sitting.	Aim for 80 minutes.
Sunday Notes:	Rest, celebrate!	Play, do something active.			
Extra workout	Short intervals	Row 500 meters hard, 2 minutes easy	Row 4-6 of these pieces. The harder you do them, the fewer you should do.	Aim for five of these 500m pieces. The first one can be at a moderately hard pace; the rest should be as hard as you can row.	Do six 500's. The first one can be a little below max; the rest should be all out efforts