

TRAINING : Mar 29 to Apr 25, 2004

INTRO: "If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives." - Vince Lombardi

Emphasis in this phase is put on Aerobic training to increase endurance. There are more CAT 3's and 4's to increase strength and power to prepare for 2000meter racing toward the end of the phase. To avoid injury please do the recommended warm-up.

This program includes workouts until mid to late April and includes 2000 meter Ergatta race. Everyone should modify or continue to use the race plans that they have already implemented.

Good luck on the final 2000 meter race!

Weight training is also very important in this phase. It is your opportunity to increase your strength and power before the "on-water" season.

Please consult with Ian in the South and Colin and John in the North with regards to weight training or if you have any questions or concerns.

For the Recreational Rower : Please choose your favourite Cat 5 or 6 workout two times weekly and one CAT 4 weekly.

TR: refers to the average you held in the last 6000m (or 20') test you've completed (if in the last test you averaged 2:04 and the workout is Tr + 12, then you go at 2:16)

MAX HEART RATE CALCULATION: 220 - (YOUR AGE)

There is one **Erg Race** outlined in this training phase:
April 3rd to 10th - 2000 meter race

Erg workouts are outlined for **6 times per week** with weights being twice (& ONLY TWICE!) per week.

** Recommended minimum workouts: 4 erg, 2 weight, & 3 cross training activity / week.

Please Note:

If you do not wish to cross train you should be erging.

Please consult with your coach regarding training if you are heavily involved in another sport so as to modify your personal program.

** Workouts may be done in the AM or PM, and athletes able to do an additional workout should supplement their training schedule with any activity performed at a Cat: 6 level. Activities such as cycling, power pacing, jogging, erging, swimming, yoga, pilates, etc is acceptable.

Start each workout with a good warm-up, such as the following:

- 1) 10' light erging
- 2) 15' exercise ball or abs & stretching
- 3) The prescribed workout
- 4) 10' warm-down (5' light erg & 5' stretching)

ALWAYS ALLOW YOURSELF ENOUGH TIME FOR A PROPER WARM UP/DOWN!
Core fitness & flexibility are critical to avoid injury.

CAT:2 (Max Heart Rate)

1 OH - WHAT A FEELING!

4 x 1000 Max Effort
34-36r (5' rest between ea)

3 20 BIG ONES!

5 x 20 Strokes
Max Effort
(5' rest between each)
25' Steady State to follow

2 HELLS YEA!

(10 x 40 sec on / 20 sec off) x 4
(4' rest between ea.)
*(1st) Tr + 1, 2nd@+2, 3rd@+3,4th@+4

4 READY...ROW!

5 x Start & 10 Strokes
Max Effort
(3' rest between each)
25' Steady State to follow

CAT:3 (approx. 90-100% of Max Heart Rate)

5 ARE YOU GOING MY WAY!

1000M HARD
750M HARD
250M HARD
Max Effort
(5' rest between each)

6 YEAH BABY!

6x3'on/3'off @ Tr - 2

7 C'MON BABY - LIGHT MY

5' on (Tr) / 5' off (Tr + 10) x5
non-stop @ 32r when on, 20r when off

8 DIRTY DOZEN

1' on / 2' easy x 12
(non-stop with end avg = Tr + 4)
(Tr -2 for 1', Tr+7 for 2'....x12)

9 INTESTINAL FORTITUDE

250m hard /500 easy /500 hard /1000 easy
1000 hard / 500 easy (x 3)
(3' rest between each)

10 REALITY BITES!

3 x 2700m 1st - 1sec below Tr
(5' rest) 2nd - Tr +1
3rd - Tr + 3

11 QUADRUPLE YOUR FUN

4' @ 4sec below Tr
4' @ Tr + 10
4' rest (end of each avg = Tr + 3)
(x 4)

12 SEE SAW

1500m x 6 (2' rest)
1st - Tr + 2
2nd - Tr - 2
(alternating)

* which erg mates can hang in the longest!

13 ROCK ON!

6 x 1000M
Tr -1 or better
(3' rest between each)

14 TERMINATOR!

3 x 2000M
1st - Tr - 2 or better
2nd - Tr or better
3rd - Tr +2 or better
(5' rest between each)

15 GARRET'S FUNHOUSE

4 x 1500M
1st @ 22-24 @ Tr
2nd @ 26 @ Tr -2

3rd @ Any Rate @ Tr -4

4th @ 26 @ Tr -2

CAT:4 (approx. 80-90% of Max Heart Rate)

16 WHEN THE GOING GETS

1500m @ Tr + 4

500m @ Tr + 12

(x 6, non-stop)

18 ELIMINATOR!

8' @ Tr , then 8' @ Tr + 12

4' rest (x 3)

Avg : Tr + 6

20 MINI-ME

4 x 11'

(3'/22, 2'/24, 1'/26, 2'/24, 3'/22)

Avg: Tr + 5

(2' rest between each)

17 KING TUT

2 x 19' pyramid

(4'/22r, 3'/24r, 2'/26r, 1'/28r, 2'/26r, etc.)

Avg : Tr + 5 (8' rest)

19 THE GOOD, THE BAD, AND THE UGLY

3000m @ Tr + 4

5' rest (x 3)

21 CRAZY TRAIN

90 sec on/45 sec off x 12

CAT:5 (approx. 70-80% c **water bottles required**)

22 HALF-FAST

18' @tr + 7

(1' between ea. phase to rest & reset machine, 5' rest where you do the following:

12' @ Tr + 10

6' @ Tr + 2

4' @ Tr + 12

4' @ Tr

23 PUMP YOU UP!

15' @ Tr + 12 (x 3)

25 squat jumps

50 crunches

25 lunges

24 THE LITTLE TRAIN

2 x 29' pyramid

(5'/26r, 4'/28r, 3'/30r, 2'/32r, 1'/34r, 2'/32r, etc

Avg : Tr + 8

25 GET READY

20' @ Tr + 12 (5' rest & stretch)

5 x 250m

10' @ Tr + 14

(1' rest between)

26 THE POSTMAN RINGS TH

3 x 3500

(3' rest)

27 FEELS SO GOOD!

8' @ Tr + 12 (24r)

1' @ Tr - 6 (34r)

x 5

(no rest) Avg : Tr + 10

28 BA-DA-BOO BA-DA-BINC

2 x 20' @ Tr + 9

(3' rest)

29 CRUISING

50' @ Tr + 10

30 HOLD ON TO YOUR BRIT

1000m @ Tr + 14

100m @ Tr - 10

x 1 (continuous)

31 GINA'S BAD IDEA!

8' @ Tr + 7 (x 4)

set machine for 3' rest where
you do : 90" wall sit

10 push-ups

10 dips

CAT:6 (approx. 60-70% c**Water bottles required!**

32 COOL RUNNING

25' @ Tr + 14 (1' rest between ea)
20' @ Tr + 14
15' @ Tr + 14

34 THREE AMIGOS

20' @ Tr + 10 (2' rest between ea.)
20' @ Tr + 12
20' @ Tr + 14

36 EASY RIDER

30' @ Tr + 15

38 K.I.S.S.

2 x 25' @ Tr + 14
(1' rest)

40 PERSEVERANCE

70' @ Tr + 16

41 ETERNITY!

10' @ Tr + 17
10' @ Tr + 16
10' @ Tr + 15
30' @ Tr + 14
10' @ Tr + 15
10' @ Tr + 16
10' @ Tr + 17

43 A ROLLING STONE GATHERS

10' @ Tr + 15
30 crunches
30 step-ups
30" flex arm hang
30 squat jumps

33 JUMPING JACK FLASH!

4' @ Tr + 15 (30 sec rest)
10 squat jumps - during 30"
(x 12)

35 LIFE IS GOOD!

1000m @ Tr + 16
500m @ Tr + 4 (x 8 , non-stop)
Avg: Tr + 12

37 BREAKING STRIDE

60' @ Tr + 15
(every 5', go 12 strokes @ Tr - 12)

39 TWIN PEAKS

2 x 21' pyramid
(5'/22r, 4'/24r, 3'/26r, 4'/24r, 5'/22r)
Avg: Tr + 14

42 THE LONG WAVE (non-stop)

10' @ Tr +16
10' @ Tr + 15
10' @ Tr + 14
10' @ Tr + 13
10' @ Tr + 14
10' @ Tr + 15
10' @ Tr + 16 Avg : 14.7

44 PETE & REPEAT

6' @ Tr + 15
6' @ Tr + 12
6' @ Tr + 15 *2'active rest to
6' @ Tr + 12 include 40 sit-ups
x 2

PROGRAM ON NEXT PAGE.

SASK ROWING ASSOCIATION - WORKOUT SCHEDULE!

Mar 29 to Apr 25

Date:	WORKOUT IF RACING THE 3RD	WORKOUT IF RACING THE 10TH	ERGATTA DATES
29-Mar	27	27	
30-Mar	30	30	
31-Mar	5	14	
1-Apr	3	20	
2-Apr	36	36	
3-Apr Sat	RACE	1	2000 Meter Racing Opens
4-Apr Sun	OFF	OFF	
5-Apr	27	27	
6-Apr	30	30	
7-Apr	15	5	
8-Apr	37	3	
9-Apr	36	36	Easter begins
10-Apr Sat	11	RACE	2000 Meter Racing Closes
11-Apr Sun	OFF	OFF	
12-Apr	38	38	
13-Apr	22	22	
14-Apr	30	30	
15-Apr	25	25	
16-Apr	42	42	
17-Apr Sat	15	15	
18-Apr Sun	OFF	OFF	Easter ends
19-Apr	28	28	ON THE WATER???
20-Apr	21	21	CROSS YOUR
21-Apr	9	9	FINGERS!
22-Apr	35	35	
23-Apr	44	44	
24-Apr Sat	15	15	
25-Apr Sun	OFF	OFF	