

TRAINING MAR 1 TO MAR 28, 2004

INTRO: "Success is like anything worthwhile. It has a price. You have to pay the price to get to the point where success is possible." -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 two Ergatta races. Everyone should modify or continue to use the race plans that they have already implemented. The 6000 meter race and the 2000meter race provide opportunities to develop effective race plans. The Erg racing to date has been very competitive. Good luck on the next 6000.

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 Races** outlined in this training phase:
March 13 to 20 6000meter

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 FIRE

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 TOUGH

1500m @ Tr + 4
500m @ Tr + 12
(x 6, non-stop) Avg: Tr + 6

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% of Max Heart Rate) ****water bottles required****

22 HALF-FAST

18' @tr + 7
(1' between ea. phase to rest & reset machine)
12' @ Tr + 10
6' @ Tr + 2
4' @ Tr + 12
4' @ Tr

23 PUMP YOU UP!

15' @ Tr + 12 (x 3)
5' rest where you do the following:
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 (5' rest)

25 GET READY

20' @ Tr + 12 (5' rest & stretch)
5 x 250m
10' @ Tr + 14
(1' rest between)

26 THE POSTMAN RINGS THREE TIMES

3 x 3500 1st - Tr + 7
(3' rest) 2nd - Tr + 9
 3rd - Tr + 10

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-BING

2 x 20' @ Tr + 9
(3' rest)

29 CRUISING

50' @ Tr + 10

30 HOLD ON TO YOUR BRITCHES!

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% of Max Heart Rate) ****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! (non-stop)

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 NO MOSS

10' @ Tr + 15 (3' active rest) x5
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 1 to Mar 28

Date:	WORKOUT	ERGATTA DATES
1-Mar	42	
2-Mar	22	
3-Mar	30	
4-Mar	25	
5-Mar	32	
6-Mar	Sat 15	
7-Mar	Sun OFF	
8-Mar	28	
9-Mar	21	
10-Mar	27	
11-Mar	35	
12-Mar	39	
13-Mar	Sat 25	6000 Meter Racing Opens
14-Mar	Sun OFF	
15-Mar	43	
16-Mar	22	
17-Mar	32	
18-Mar	25	
19-Mar	36	
20-Mar	Sat 15	6000 Meter Racing Closes
21-Mar	Sun OFF	
22-Mar	28	
23-Mar	21	
24-Mar	9	
25-Mar	35	
26-Mar	44	
27-Mar	Sat 15	
28-Mar	Sun OFF	