

2009 Winter Workout

Phase: General Preparation Part 1

The emphasis is on the development of strength, focusing on the major muscle groups and the core area.

Work on the erg will emphasize the continued development of power and rhythm through low stroke rate high-pressure work. This work will be complimented by cross training of your choice for aerobic development. Approximately every 4 weeks there will be a 2km test.

This daily workout schedule includes a Primary workout and a Secondary workout. Care should be taken to complete all of the primary workouts. Secondary workouts are optional and should be done when time and your body allows. Do not go back to a missed workout.

Strength Workout

The following exercises are to be completed in a continuous circuit and in the order specified. Weighted exercises should be completed with a load that could be lifted 10 times before failure.

Exercise	Reps	Load	Sets
Bench Press	6	10 rep max	3
Bench Pull	6	10 rep max	3
Crunches	20	10 rep max	3
Overhead Press	6	10 rep max	3
Pull Ups	6	body weight	3
Ball Leg Extension	2	30 sec/leg	3
Leg Press	6	10 rep max	3
Back Extension	10	body weight	3
Dead Bugs	2	30 sec/side	3

Core Strength Workout

The following exercises are to be completed in a continuous circuit and in the order specified.

Exercise	Reps	Load	Sets
Crunches	20	body weight	3
Dead Bugs	2	30 sec/side	3
Pushups	20	body weight	3
Pointers	2	30 sec/side	3
Bridges	1	1 minute	3
Dips	10	body weight	3
Sculling Sit-ups	20	body weight	3
Leg Raises	10	body weight	3
Core Ball Leg Ext.	1	30 sec/side	3

Code

r = rest

sr = stroke rate

" = seconds

hr = heart rate

' = minutes

sc 20 = Staircase 20 : eight minutes of work in which the stroke rate increases each two minutes. The number in the abbreviation denotes the highest stroke-rate reached.

tempo = short duration high rate pieces. Ratings should be held such that the work is comfortable. Do not aim for maximum rate but rather a high quality rate.

Erg Warm-up Drills

Set vent on 3 or 4. Start with easy continuous rowing working into drills.

Drive Progression

Starting legs only– 20 strokes Body is forward, pivoting at the hips, shoulders relaxed, full slide – no body swing, no arms. Find connection at the catch and hang on the handle.

Add body swing – 20 strokes Full slide – no arms.

Add arms – 20 strokes Full strokes.

Pause Position 3

Body is forward, pivoting at the hips, shoulders relaxed, legs down. Feel your weight on the front of the seat. Every stroke for 20.

Pause Position 1

Leaning back slightly, chin up, handle of erg into your body, (about the 2nd rib), elbows out with flat wrists, shoulders level and drawn back slightly, legs down. Strong platform at the finish (no slumping). Every stroke for 20. Really squeeze out the finish, maintaining acceleration of the handle all the way to the body.

Swing Progression

Starting body only– 20 strokes Body is forward in position 3, pivoting at the hips, shoulders relaxed, swing to bow – no legs, no arms. Hanging directly behind the handle throughout the drive, slow recovery.

Add legs – 20 strokes Half slide – no arms.

Full slide – 20 strokes – no arms.

Add arms – 20 strokes Full strokes.

The following page is your first week.

December 1-7

Monday

1. Strength
2. X-train 45'

Tuesday

1. Erg 20' warm-up, 10 x 10 strokes vent setting 10, sr 10, r 2', 2 x 8' sc 20, 10' warm-down
2. Core strength

Wednesday

1. Erg or Row 60' steady with 6 x 10 strokes tempo
2. Core strength

Thursday

1. Erg 20' warm-up, 10 x 10 strokes vent setting 10, sr 10, r 2', 2 x 8' sc 20, 10' warm-down
2. Core strength

Friday

1. Strength

Saturday

2. 90' X-train, example: run hills and stairs

Sunday

1. 45' X-train easy