

Week 1:	Week 2:	Week 3:	Week 4:
Monday	Monday	Monday	Monday
Tuesday	Tuesday	Tuesday	Tuesday
Wednesday	Wednesday	Wednesday	Wednesday
Thursday	Thursday	Thursday	Thursday
Friday	Friday	Friday	Friday
Saturday	Saturday	Saturday	Saturday
Sunday	Sunday	Sunday	Sunday
Notes:	Notes:	Notes:	Notes:

### Training Warm Ups & Cool Downs

Completing a good warm-up and cool-down are essential to sustain high performance. Olympic rowers will take at least an hour warming up for a 2k race and the same again cooling down.

The amount and type of warm up and cool down that you do for each session depends on the length and intensity of what you will do. As a rule of thumb, the lower the intensity of the session the less time needed to warm up and cool-down. This should be gentle rowing, jogging or cycling with heart rate at around twice your resting heart rate.

The figures below refer to both warm-up and cool-downs. If you are doing a UT2 session then look at the UT2 line below. Listen to your body and use these as a guide.

**UT2** - 5 mins warm-up, 5 mins cool-down.

**UT1** - 8 mins warm-up, 8 mins cool-down.

**AT** - 10 mins (warm up to include 3 x 10 strokes increasing to 'AT' intensity), 10 mins cool-down.

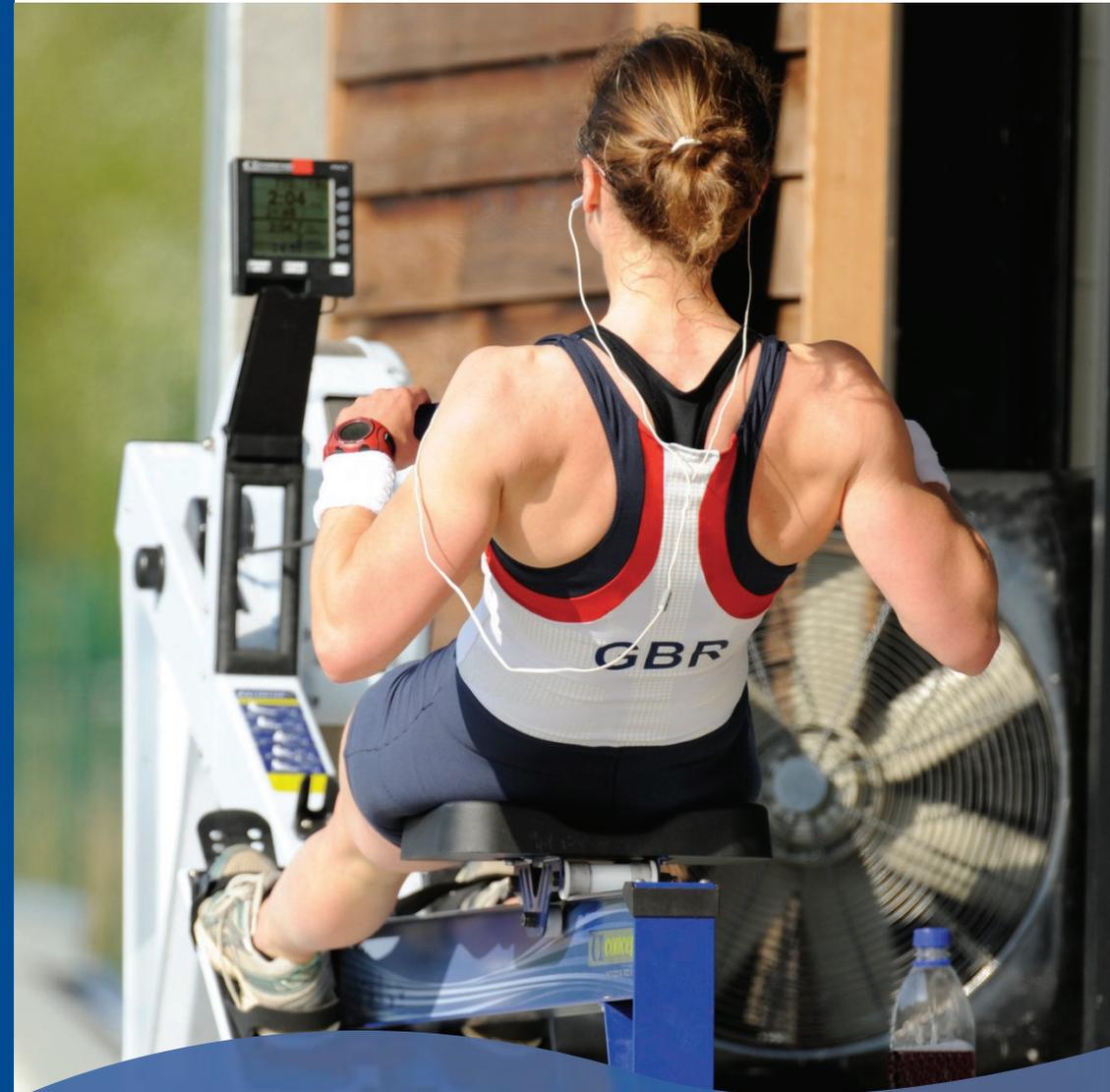
**TR** - 12 mins (warm up to include 3 x 10 strokes, increasing to 'TR' intensity), 12 minutes cool-down.

**AN** - 15 mins (warm up to include 3 x 10 strokes increasing to 'AN' intensity), 15 minutes cool-down.

**2k piece** - 15 mins (warm up to include 3 x 10 strokes to highest intensity), 15 minutes cool-down.



# February 2012



## Advanced Training Programme

## Well done for signing up to The Nation on Trial and best of luck with your training.

Please note the periods of work, number of sessions and rest times in this programme are intended as guidelines. Ensure that you always train within your correct level and seek appropriate guidance if at all unsure.

Each session is given a training band relating to your heart rate to help you train at the right level of intensity for you. These are outlined briefly here for easy reference and more detailed information on training bands and how to measure your heart rate is in the top tips guide on the training section of [www.nationontrial.org](http://www.nationontrial.org).

### Training Band Glossary:

#### Utilisation two - (UT2)

##### 55-70% of your max heart rate

You feel comfortable and can hold a conversation while exercising.

#### Utilisation one - (UT1)

##### 70-80% of your max heart rate

You can talk but only in short bursts and will probably start sweating.

#### Anaerobic Threshold - (AT)

##### 80-85% of your max heart rate

You will feel that you are breathing hard and sweating too.

#### Transition - (TR)

##### 85-90% of your max heart rate

Expect to feel that you are breathing very hard and sweating more too.

#### Anaerobic - (AN)

##### 90-100% of your max heart rate

Short bursts of exercise at your maximum intensity.

### Stretching:

Many people use stretching sessions as part of their preparation and wind-down from exercise. There are many proven benefits to using stretching. Should you wish to add this element to your programme, we recommend that you seek guidance from a health-care professional.

Written for you by Olympic rowing gold medallist, MARTIN CROSS

#### Week 1:

##### Aims

Get used to being on the rowing machine and developing your technique; Building on and increasing the confidence you already have while exercising; deciding how to integrate the activities you already do with the programme here; continuing to building up your basic fitness levels through exercising at low intensity; check your heart rates while resting and exercising. Prepare for your first 2k test.

##### Monday:

1 x 30-40 min jog or swim.  
1hr cycle (UT2), or other activity

##### Tuesday:

Rest

##### Wednesday:

3 x 5 min on ergo, rate 18, minimum 3 mins break/light paddle between pieces. Allow time to become familiarised with rowing machine (UT2)

##### Thursday:

2 x 20 min jog, or swim, 5 mins break.  
1hr cycle (UT2-UT1) or other activity

##### Friday:

1 x 10 min on ergo, rate 20-22 (UT2/UT1), minimum of 5 mins break/light paddle. 2 x 500m, rate 24-26 (AT) minimum of 3 mins break/light paddle between pieces. Allow time to become familiarised with the rowing machine

##### Saturday:

1 x 40 min run or swim.  
1hr cycle (UT2-UT1) or other activity

##### Sunday:

1 x 2000m ergo (AT), rate 24-26  
Do 10 strokes at 30+, then drop to rate 24-26.  
Throughout the piece, keep your 500m split as close to your predicted pace as possible\*.  
Record your time and log it on [www.nationontrial.org](http://www.nationontrial.org).

*\*To work out an approximate 500m pace to aim for in this 2k, add together the times of your two 500m pieces from Friday, add 10 seconds to this time and divide by 2. For example: 1.50+1.52+10secs= 3.12 mins. 3.12 minute divided by 2 = 1.56 per pace of 500m. If you are able, increase your speed for the final 30 seconds. Record your time for each 500m.*

#### Week 2:

##### Aims

Build on previous aims; train within your heart rate limits; moderately increase the time you exercise; start to do some work at higher intensities, including 'UT1', 'AT' and TR pace; focus on developing the ability to row long, connected strokes; check your heart rates while resting & exercising; record scores.

##### Monday:

1 x 20-30 min jog, or swim.  
40 min cycle (UT2), or other activity

##### Tuesday:

10 x 15 stroke bursts, rate 24-28 (AT/TR) with minimum of 20 strokes of light paddle in between each 10 strokes

##### Wednesday:

2 x 10 min on ergo, rate 18-22 (UT2 & UT1), minimum 3 mins break/light paddle between pieces.  
First 10 mins at rate 18-20 (UT2)  
Second 10 mins at rate 20-22 (UT2/UT1)

##### Thursday:

1 x 30-40 min jog, or swim.  
1hr cycle (UT2), or other activity

##### Friday:

Rest

##### Saturday:

6 x 500m on ergo, minimum 2 mins break/light paddle in between pieces (UT1-AT)  
First 500m at rate 22 (UT1)  
Second 500m at rate 24 (UT1)  
Third & fourth 500m at rate 24-26 (AT)  
Fifth 500m at rate 26 (AT)  
Last 500m at rate 24 (AT)

##### Sunday:

1 x 25 min jog/walk - 1 min on, 1 min off (UT2) or 1 x 40 min cycle or swim

#### Week 3:

##### Aims

Build on previous aims; Develop good endurance and confidence; look to increase the intensity of your work by doing some pieces at 'AT' with parts of 'TR', get some idea of your pacing for next week's 2k. Refocus on rowing long, connected strokes; record scores.

##### Monday or Tuesday:

1 x 20 min on ergo, rate 20-22 (UT1-AT)  
First 5 mins at rate 20 (UT1)  
Second 5 mins at rate 22 (AT)  
Third 5 mins at rate 22 (AT)  
Last 5 mins at rate 20 (UT1)  
Minimum 5 mins break, finish with 5 x 10 stroke bursts, rate 24-28 (AT-TR) with minimum of 20 strokes of light paddle between each 10 strokes

##### Tuesday:

4 x 10 min run, swim, or cycle - minimum 3 mins break (UT1)

##### Wednesday:

4 x 500m on ergo, rate 26-28, minimum 1 min light paddle in between intervals (AT-TR)  
Record your times for each 500m

##### Thursday:

1 x 40 min run, swim (UT2) or 60 min cycle (UT2), or other activity

##### Friday:

Rest

##### Saturday:

2 x 7.5 mins on ergo, rate 22-26, (UT1/AT), minimum 5 mins rest/light paddle between pieces. 10 mins break, finish with 5 x 10 stroke bursts, rate 24-28 (AT/TR) with minimum of 20 strokes of light paddle between each 10 strokes

##### Sunday:

Rest or,  
1 x 20 min jog/power-walk - 2 min on, 1 min off (UT2) or 1 x 30 min cycle or swim

#### Week 4:

##### Aims

Continue with previous aims; recover well; practice holding the pace you will look to complete your 2k at; complete your first 2k at 'AT' pace; ensure your technique is strong; recover well, record your score on [www.nationontrial.org](http://www.nationontrial.org); celebrate.

##### Monday:

2 x 15 min on ergo, rate 20-24, (UT1) minimum 5 mins break/light paddle in between pieces  
First 15 mins:  
1st 5 min at 20, 2nd 5 min at 22, 3rd 5 min at 20  
Second 15 mins:  
1st 5 min at 22, 2nd 5 min at 24, 3rd 5 min at 20

##### Tuesday:

1 x 40 min run, swim, cycle, or other activity (UT2)

##### Wednesday:

1 x 500m on ergo, rate 28 (AT/TR)  
1 x 750m on ergo, rate 28-26 (AT)  
Minimum of 10 mins break/light paddle between.  
Aim to do the 500m hard & 750m at your 2k pace

##### Thursday:

1 x 30 min run, swim, cycle, or other activity (UT2)

##### Friday:

Rest

##### Saturday:

1 x 10 min on ergo, rate 20 (UT2), minimum 5 mins break, 4 x 15 strokes at 30, minimum 20 strokes light paddle in between.

##### Sunday:

1 x 2000m on ergo, rate 26-28 (AT)  
Do 10 strokes at 30+, then drop to rate 26-28.  
Throughout the piece, keep your 500m split as close to your predicted pace as possible\*.  
Record your time on [www.nationontrial.org](http://www.nationontrial.org) and see how it compares with friends, colleagues and the entry standard for the start of the GB Rowing Team's selection process.

*\*To work out an approximate 500m pace to aim for in this 2k, add together the times of your four best 500m pieces from last week, then add 10 seconds to this time and divide by 4. For example: 2.01+2.01+2.00+2.00+10secs = 8.12 mins. 8.12 minutes divided by 4 = 2.03 per pace of 500m. If you are able, increase your speed for the final 30 seconds. Record your time for each 500m.*

# Advanced Training Programme