

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



Beginners 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.

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; increasing your confidence about exercising; building up your basic fitness levels through exercising at low intensity; check your heart rates while resting & exercising.

Monday or Tuesday:

1 x 10 min jog/walk - 1 min on, 1 min off (UT2)

Wednesday or Thursday:

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

Saturday or Sunday:

1 x 10 min jog/walk - 1 min on, 1 min off (UT2) or 20 min cycle or 20 min swim or 1 x 10 min on ergo, rate 18. Allow time to become familiarised with the rowing machine

Week 2:

Aims

Build on previous aims; train within your heart-rate limits; moderately increase the time you exercise; focus on developing the ability to row long, connected strokes.

Monday or Tuesday:

1 x 15 min jog/walk - 1 min on, 1 min off (UT2)

Wednesday or Thursday:

1 x 10 min on ergo, 1 x 5 min on ergo, rate 18, minimum of 5 mins break/light paddle between pieces (UT2)

Saturday or Sunday:

1 x 15 min jog/walk - 1 min on, 1 min off (UT2) or 20 min cycle or 20 min swim or 2 x 10 min on ergo, rate 18-20, minimum of 5 mins break/light paddle between pieces (UT2)

Beginners Training Programme

Week 3:

Aims

Build on previous aims; slight increase in the time you exercise; look to increase the intensity of your work through doing shorter pieces; get some idea of your pacing for next week's 2k. Refocus on rowing long, connected strokes.

Monday or Tuesday:

1 x 20 min jog/walk - 2 min on, 1 min off (UT2)

Wednesday or Thursday:

4 x 500m on ergo, minimum of 2 min break/light paddle between pieces (UT1)
First 500m at rate 18-20
Second 500m at rate 18-20
Third 500m at rate 20-22
Last 500m at rate 20-22

Record your times for each 500m

Saturday or Sunday:

1 x 25 min jog/walk - 2 min on, 1 min off (UT2) or 30 min cycle or 30 min swim or 1 x 5 min on ergo, rating 18-20 (UT2), minimum 5 mins break, then: 5 x 10 stroke bursts, rating 22-26 (AT) with minimum of 30 strokes of light paddle in between.

Week 4:

Aims

Continue with previous aims; recover well; get a good idea of your pace through mid-week session; complete your first 2k at UT1 pace; ensure your technique is strong; record your score; feel good and celebrate.

Monday or Tuesday:

1 x 20 min jog/walk - 2 min on, 1 min off (UT2)

Wednesday or Thursday:

1 x 500m on ergo, rate 20, minimum 4 mins break then 1 x 750m rate 20 (UT1)

Saturday or Sunday:

1 x 2000m on ergo (UT1)*
First 500m at rate 18
Second 500m at rate 18
Third 500m at rate 20
Last 500m at rate 20

**To work out an approximate 500m pace to aim for in this 2k, add together the times for the 4 x 500m session you did the previous week, then add 20 seconds and divide by 4.*

For example: 2.10+2.10+2.10+2.10+20secs = 10 mins. 10 minutes divided by 4 = 2.15 per 500m

