

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



Intermediates 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; Building on and increasing the confidence you already have while exercising; building up your basic fitness levels through exercising at low intensity; check your heart rates while resting & exercising.

Monday:

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

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)

Saturday:

1 x 20 min jog/walk - 1 min on, 1 min off (UT2) or 1 x 30 min cycle or swim,
or 2 x 10 min on ergo, rate 18, minimum 5 mins break/light paddle between pieces. Allow time to become familiarised with rowing machine (UT2)

Sunday:

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

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 'UT1' and push into 'AT' pace; focus on developing the ability to row long, connected strokes; check your heart rates while resting and exercising.

Monday or Tuesday:

1 x 25 min jog/power-walk - 1 min on, 1 min off (UT2)
or 2 x 10 min on ergo, 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)

Wednesday or Thursday:

4 x 5 mins on ergo, rate 18-22, minimum of 3 mins break/light paddle between pieces (UT1)

Intermediates Training Programme

Saturday:

2 x 1000m on ergo, rate 22-26, minimum 6 mins break/light paddle between pieces (UT1-AT)
First 1000m:
1st 500m at 22, 2nd 500m at 24 (UT1)
Second 1000m:
1st 500m at 24, 2nd 500m at 26 (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; look to increase the intensity of your work by doing more pieces at 'UT1' & 'AT' get some idea of your pacing for next week's 2k. Work at shorter, higher intensity pieces. Refocus on rowing long, connected strokes; record scores

Monday or Tuesday:

1 x 16 min jog/walk - 2 min on, 1 min off (UT2) and ergo, 6 x 10 stroke bursts, rate 22-26 (AT) with minimum of 30 strokes of light paddle in between.

Wednesday or Thursday:

6 x 500m on the ergo, minimum 3 mins break/light paddle in between pieces (UT2-AT)
First 500m at rate 20 (UT2)
Second 500m at rate 22 (UT1)
Third & fourth 500m at rate 24-26 (UT1)
Fifth 500m at rate 26 (AT)
Last 500m at rate 18 (UT2)

**Record your times for each 500m*

Saturday:

2 x 7.5 mins on ergo, rate 18, minimum 5 mins break/light paddle between pieces.
Finish with 5 x 10 stroke bursts, rate 22-26 (TR) with minimum of 20 strokes of light paddle in between each 10 strokes

Sunday:

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

Week 4:

Aims

Continue with previous aims; feel comfortable with current level of exercise; complete your first 2k at UT1/AT pace; ensure your technique is strong; record your score; feel good, record your score and celebrate!

Monday or Tuesday:

1 x 30 min jog/power-walk - 3 min on, 30 secs off (UT2)

Wednesday or Thursday:

1 x 500m, rate 24 (UT1/AT) minimum 5 mins break, 1 x 750m, rate 24/22/24 (change rate each 250m) (UT1/AT)

Saturday:

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

Sunday:

1 x 2000m erg (UT1/AT)*
First 500m at rate 26
Second 500m at rate 24
Third 500m at rate 24
Last 500m at rate 26

**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 16 seconds to this time and divide by 4.*

For example: 2.08+2.04+2.08+2.08+16secs = 8.44 mins. 8.44 minutes divided by 4 = 2.11 per pace of 500m.

Record your time for each 500m.

Remember to log your 2k time on www.nationontrial.org.

