

**Before embarking on any training plan, please consult your Physician. If you use this training plan you are accepting the terms and conditions of [www.coachbergenroth.com](http://www.coachbergenroth.com) that can be found here.**

## Workout Plan | Prepared for: Remote Coaching

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-02	UT1 (70% to 80%) 3 x 4000m	00:16:00.0	00:05:00.0	00:02:06.0	3	7

Workout Details:

### Warm up

Row 10 minutes. (4 x 20 strokes to warm up in this) 5' light, 3' moderate, 2' firm

Banded hamstring stretches + hip flexors

### Workout

3 x 4000m at UT1/UT2 pace rest 5 minutes between each piece.

Follow this protocol

0 - 1000m @ 18spm, 1000 - 2000m @ 20 spm, 2000 - 3000m @ 22 spm, 3000 - 4000m @ 20 spm

### Cool Down

10 min row and stretch

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-02	Core Routine Core Strengthening Routine	00:15:00.0	00:00:00.0	00:01:50.0	1	7

Workout Details:

Use this routine to strengthen your core. Start with 30 second holds and you can work up to 2 minutes for each exercise. You could start with 30 second holds and then do the circuit twice for example. Scale as appropriate for your fitness level.

1. Plank <https://www.youtube.com/watch?v=pSHjTRCQxIw>
2. V-sit hold <https://www.youtube.com/watch?v=3tQuBuZLma4>
3. Supermen [https://www.youtube.com/watch?v=LgBnJ\\_cM1qY](https://www.youtube.com/watch?v=LgBnJ_cM1qY)
4. Push up on stability ball <https://www.youtube.com/watch?v=eTAUwLRIYtE>
5. Wipers <https://www.youtube.com/watch?v=HcvujijmaDY>
6. Side Plank (each side, so you will do this twice) [https://www.youtube.com/watch?v=H9\\_wC-Xv2P4](https://www.youtube.com/watch?v=H9_wC-Xv2P4)

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity	
2019-09-03	AT2 (80% to 100%)	3 x 10 min (Pacing Workout)	00:10:00.0	00:10:00.0	00:02:00.0	3	8

Workout Details:

**Warm up**

Row 10 minutes. (4 x 20 strokes to warm up in this)  
5 minutes, ½ pressure, 3 minutes ¾ pressure, 2 minutes full pressure.

**Stretching Routine**

<https://www.youtube.com/watch?v=-AG1FWJtjL4>

**Workout**

3 x 10 minutes at AT1 pace.

Rest time is 10 minutes

**Protocol**

Piece	0 to 2.5 min	2.5 min to 5 min	5 min to 7.5 min	7.5 min to 10 min
1	+12 seconds of 2k split	+10 seconds of 2k split	8 seconds of 2k split	+6 seconds of 2k split
2	+12 seconds of 2k split	+10 seconds of 2k split	8 seconds of 2k split	+6 seconds of 2k split
3	+10 seconds of 2k split	+8 seconds of 2k split	6 seconds of 2k split	+4/6 seconds of 2k split

**Cool Down**

10 min row and stretch

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-04	Circuit Training Body Weight Circuit Training (Anatomical Adaptation)	00:40:00.0	00:00:15.0	00:01:50.0	3	8

Workout Details:

**Anatomical Adaptation (8 -10 weeks)**

Instructions:

**Warm Up**

2000m light row to warm up + stretch

**Work**

Continuous Circuit (45 seconds on, 15 seconds switch stations) x 2 to start and then x 3 as fitness progresses.

Edit as appropriate for your gym/environment.

- 1) 1 minute ergometer row
- 2) Air squats
- 3) Ab crunches
- 4) Push Ups
- 5) Spasov Squats <https://www.youtube.com/watch?v=Orh2j6y3emg>
- 6) Pull Ups
- 7) Leg Curls
- 8) Burpees
- 9) Back extensions
- 10) Jump rope (single or double unders)

**Cool Down Row** - 10 minute light row to cool down. (focus on good technique and application)

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-05	Rest Day Rest Day	00:00:00.0	00:00:00.0	00:00:00.0	0	1

Workout Details:

Rest day, nothing....rest!!!

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-06	Run 10km Run	00:45:00.0	00:00:00.0	00:02:00.0	1	7

Workout Details:

**Warm Up**

10 minutes light jog and stretch.

**Work**

(10 minutes run at a reasonable pace, then 2 minutes hard run, 1 min jog) x 3

**Cool Down**

5 minutes light jogging and finish with stretch and yoga routine.

Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
2019-09-07	AT2 (80% to 100%) 2 x 6000m	00:24:00.0	00:10:00.0	00:02:00.0	2	8

Workout Details:

**Warm Up:** 10-15 minutes of light rowing with 5 x 20 strokes at the following rates (16spm, 18spm, 20spm, 24spm, 28spm) + stretch!

**Work:** 1 or 2 x 6000m (start with one piece and then work up to two pieces)

**Rest time:** 10-12 minutes (suggested)  
6000m Broken into 1000m segments

Piece #	0-1000m	1000m-2000m	2000m-3000m	3000m-4000m	4000m-5000m	5000m-6000m
1	+14 secs of 5k split	+12 secs of 5k split	+10 secs of 5k split	+8 secs of 5k split	+6 secs of 5k split	+4 secs of 5k split
2	+12 secs of 5k split	+10 secs of 5k split	+8 secs of 5k split	+6 secs of 5k split	+4 secs of 5k split	+2 secs of 5k split

**Cool Down:** 10-15 minutes of light rowing + STRETCH!