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5k Training - Example Session

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

+ stretch!

Work: 2 x 6000m

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