

# Rowing Machine Training Plan - Starting Winter Training The Right Way

3 Core Training Sessions

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# Warm Up and Cool Down

**10 - 15 Minutes of Warm Up Rowing**

**4 x 20 stroke bursts working the rate up  
@20spm, @24spm, @28spm and @32spm+**

**Cool down: 10-15 of light paddle + stretch**



# Workout #1: Aerobic Base Work

## Work

2 x 21 minutes steady state at UT2 pace. (65% to 70% of Heart Rate Max)  
Rest time is 3 minutes between each effort.

## Protocol

7 min at 16 spm	7 min at 18 spm	7 min at 20 spm
7 min at 18 spm	7 min at 20 spm	7 min at 22 spm



# Workout #2: Anaerobic Work

## Work

6 x 500m with 7 minutes rest between each piece. (no rate cap but suggested rate 30-32 spm). 95% of Max Heart Rate.

Record 500m splits for each piece.

## Cool Down

10 min row and stretch

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# Workout #3: Anaerobic Threshold Work

## Work

Aim for +8 sec to +10 sec of your 2k split for the average of the entire workout

3 x 2000m - 6-8 minutes rest in between. Rate (26 - 32 spm) 80-90% of max heart rate

## Cool Down

10 min light paddle and stretching to cool down.

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# Workout #3: Anaerobic Threshold Work

**Work Protocol (3 x 2000m) with 6-8 minutes rest between pieces.**

<b>0 - 500m</b>	<b>500m - 1000m</b>	<b>1000m - 1500m</b>	<b>1500m - 2000m</b>
+12 seconds of 2k split	+10 seconds of 2k split	+8 seconds of 2k split	+6 seconds of 2k split



# 12 Session/4 Week Training Plan - \$25

Contact me at [neil@coachbergenroth.com](mailto:neil@coachbergenroth.com) to purchase the full set of winter training workouts.

12 workouts in total that work each individual energy zone.

3 workouts per week

4 week plan.

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# Concluding Thoughts

**Frequency of low intensity work to higher intensity work 3:1**

**So, 3 longer rows, with 1 row with high intensity.**

**Longer rows help you flush lactate more efficiently.**

**Remember to cool down after each workout.**





# Can I Help You With Your Training?

[neil@coachbergenroth.com](mailto:neil@coachbergenroth.com) for a free consult

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