Day | Type of Workout | Title | Work Time | Rest Time | Target Split | # Reps
---|-----------------|-------|-----------|-----------|--------------|-----
Monday | UT1 (70% to 80%) | 2 x 19’ Pyramid | 00:19:00 | 00:05:00.0 | +20 to +25 secs slower than 2k split | 2

Heart Rates - Low: 0 High: 0

Workout Details:

Warm Up

10 minute paddle (4’ light, 3’ moderate, 2’ hard, 1’ firm) + stretch

Work

2 x 19’ (4’, 3’, 2’, 1’ 2’, 3’ 4’) at (18, 20, 22, 24, 22, 20, 18 spm)

Cool down

5-10 minutes and then stretch

---

Date | Type of Workout | Title | Work Time | Rest Time | # Reps
---|-----------------|-------|-----------|-----------|-----
Monday (alternative) | Circuit Training | Body Weight Circuit Training (Anatomical Adaptation) | 00:45:00.0 | 00:00:15.0 | 3

Workout Details:

Anatomical Adaptation

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=Qrh2i6y3emg](https://www.youtube.com/watch?v=Qrh2i6y3emg)
6) Pull ups
7) Dead Bug Hold
8) Burpees
9) Back extensions
10) Jump rope (single or double unders)

Cool Down Row - 10 minute light row to cool down + stretch. (focus on good technique and application)
Day | Type of Workout Title | Work Time | Rest Time | Target Split | # Reps
---|-----------------------|-----------|-----------|--------------|--------
Tuesday | UT2 (60% to 70%) | 00:20:00.0 | 00:03:00.0 | +20 to +25 of 2k split | 3

Workout Details:

**Warm up**
Row/erg/bike or run 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=-AG1FWJtlL4

**Workout**
3 x 20 minutes steady state at UT2 pace. Erg/Bike or Run.

Rest time is 3 minutes

**Protocol (if you choose rowing)**

1st - 5 min at 16 spm, 5 min @18 spm, 5 min @20 spm, 5 min @22 spm

2nd - 5 min at 18 spm, 5 min @20 spm, 5 min @22 spm, 5 min @20spm

3rd - changes every 2 minutes. For example: 2’ @18, 2’ @20, 2’ @22, 2’ @20, 2’ @18 ……repeat etc…. until you reach 20 minutes.

**Cool Down**

10 min row and stretch
Day | Type of Workout | Title | Work Time | Rest Time | Target Split | # Reps |
---|------------------|-------|------------|------------|--------------|--------|
Wednesday | AT1 (85% to 90%) | 4 x 8 Minutes (AT1 Pace) | 00:08:00.0 | 00:10:00.0 | 2k Split +10 secs | 4 |

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

4 x 8 minutes AT1 pace. If on bike/treadmill etc, step up the intensity every 2 minutes. This should be an AT workout so go hard!
Rest time is 10 minutes

Protocol

<table>
<thead>
<tr>
<th>Piece</th>
<th>0 min to 2 min</th>
<th>2 min to 4 min</th>
<th>4 min to 6 min</th>
<th>6 min to 8 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>+14 of 2K</td>
<td>+12 of 2K</td>
<td>+10 of 2K</td>
<td>+8 of 2K</td>
</tr>
<tr>
<td>2</td>
<td>+12 of 2K</td>
<td>+10 of 2K</td>
<td>Best Effort</td>
<td>Best Effort</td>
</tr>
<tr>
<td>3</td>
<td>+10 of 2K</td>
<td>Best Effort</td>
<td>Best Effort</td>
<td>Best Effort</td>
</tr>
<tr>
<td>4</td>
<td>Best effort</td>
<td>Best effort</td>
<td>Best effort</td>
<td>Best effort</td>
</tr>
</tbody>
</table>

Cool Down

10 min light row/run/bike and stretch

Thursday | UT2 (60% to 70%) | 3 x 15 minutes steady state (cycle/run/row/swim) | 00:15:00.0 | 00:03:00.0 | +20 to 25 seconds slower than 2k split | 3 | 6 |

Heart Rates - Low: 0 High: 0

Workout Details:

Warm up

Run/Cycle 10 minutes. (4 x 20 strokes to warm up in this)
5 minutes, ½ pace, 3 minutes ¾ pace, 2 minutes full pace.

Stretching Routine

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

Workout

3 x 15 minutes steady state at UT2 pace.
Rest time is 3 minutes between efforts

Cool Down

10 min row and stretch
Thursday
(alternative)

Workout Details:

**Anatomical Adaptation**

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=Qrh2i6y3emg](https://www.youtube.com/watch?v=Qrh2i6y3emg)
6) Pull Ups
7) Dead Bug Hold
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)

Friday

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
Saturday AN (90% to 100%) 1’ on 1’ off x 10

Work Time 00:01:00.0
Rest Time 00:01:00.0
Target Split 2k split -2 seconds
# Reps 10

Heart Rates - Low: 0 High: 0

Workout Details:

Warm Up

15 minutes warm-up paddle (include the 20 stroke pieces noted below) + stretch

(5 x 20 strokes with 2 minutes paddle in between in the 15-minute paddle above, 20 strokes pieces at the following rates: 20spm, 24spm, 28spm, 32spm, 34+spm)

Work:

1-minute sprint, 1-minute rest x 10 (MAX EFFORT!)

Cool Down

10 minutes light row + stretch (very important)