



Sample Week Rowing Training Plan

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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=Orh2j6y3emg>
- 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)



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Day	Type of Workout	Title	Work Time	Rest Time	Target Split	# Reps
Tuesday	UT2 (60% to 70%)	3 x 20 minutes UT2 (updated)	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=-AG1FWJtiL4>

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 @22spm

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' @18repeat 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, 1/2 pressure, 3 minutes 3/4 pressure, 2 minutes full pressure.

Stretching Routine

<https://www.youtube.com/watch?v=-AG1FWJtiL4>

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

Piece	0 min to 2 min	2 min to 4 min	4 min to 6 min	6 min to 8 min
1	+14 of 2K	+12 of 2K	+10 of 2K	+8 of 2K
2	+12 of 2k	+10 of 2k	Best Effort	Best Effort
3	+10 of 2K	Best Effort	Best Effort	Best Effort
4	Best effort	Best effort	Best effort	Best effort

Cool Down

10 min light row/run/bike and stretch

Day	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps	Intensity
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, 1/2 pace, 3 minutes 3/4 pace, 2 minutes full pace.

Stretching Routine

<https://www.youtube.com/watch?v=-AG1FWJtiL4>

Workout

3 x 15 minutes steady state at UT2 pace.

Rest time is 3 minutes between efforts

Cool Down

10 min row and stretch



Date	Type of Workout	Title	Work Time	Rest Time	# Reps
Thursday (alternative)	Circuit Training	Body Weight Circuit Training (Anatomical Adaptation)	00:45:00.0	00:00:15.0	2 to 3

N/A

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=Orh2j6y3emg>
- 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)

Date	Type of Workout	Title	Work Time	Rest Time	# Reps	Intensity
Friday	Run	10km Run	00:45:00.0	00:00:00.0	1	7

N/A

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.



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Date	Type of Workout Title	Work Time	Rest Time	Target Split	# Reps
Saturday	AN (90% to 100%) 1' on 1' off x 10	00:01:00.0	00:01:00.0	2k split -2 seconds	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, 32 spm, 34+spm)

Work:

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

Cool Down

10 minutes light row + stretch (very important)
