



TRAINING FOR A 4 MINUTE ROWING ERG TEST

12 WEEK TRAINING PROGRAM - WORKOUT DETAILS - MONITORING PROGRESS - UNDERSTANDING PACING

TRAINING PROGRAM

CYCLE 1

WEEK 1	WORKOUT	AVERAGE PACE LOG
day 1	4 minute row. This is your initial time trial. Don't start too fast. Aim to increase your pace over the second half. Record your time.	
day 2	4 x 2 minutes work with 2 min rest	
day 3	6 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 2	WORKOUT	AVERAGE PACE LOG
day 1	4 x 2 minutes with 2 min rest	
day 2	3 x 4 minutes work with 3 min rest	
day 3	7 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 3	WORKOUT	AVERAGE PACE LOG
day 1	5 x 2 minutes with 2 min rest	
day 2	3 x 4 minutes work with 3 min rest	
day 3	8 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 4	WORKOUT	AVERAGE PACE LOG
day 1	5 x 2 minutes with 2 min rest	
day 2	3 x 4 minutes work with 3 min rest	
day 3	9 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

CYCLE 2

WEEK 1	WORKOUT	AVERAGE PACE LOG
day 1	6 x 2 minutes with 2 min rest	
day 2	4 x 4 minutes work with 3 min rest	
day 3	10 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 2	WORKOUT	AVERAGE PACE LOG
day 1	6 x 2 minutes with 2 min rest	
day 2	4 x 4 minutes work with 3 min rest	
day 3	11 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 3	WORKOUT	AVERAGE PACE LOG
day 1	8 x 2 minutes with 2 min rest	
day 2	4 x 4 minutes work with 3 min rest	
day 3	12 x 1 minute with 1 min rest	
day 4 (optional)	5000m row at a consistent pace.	

WEEK 4	WORKOUT	AVERAGE PACE LOG
day 1	8 x 2 minutes with 2 min rest	
day 2	4 x 4 minutes work with 3 min rest	
day 3	4 minute test.	
day 4 (optional)	5000m row at a consistent pace.	

Use your recorded pace from previous workouts to plan for the next. If the workout is the same as the previous week, see if you can improve your pace. If the workout has more intervals than the previous week, see if you can maintain the same pace.

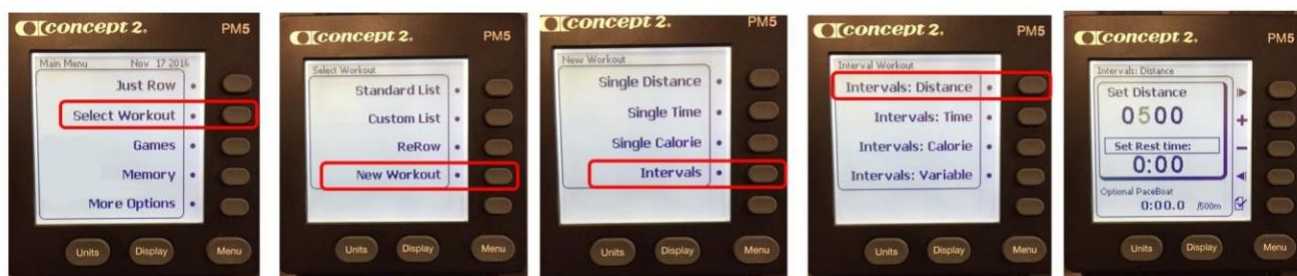
WORKOUTS

- Warm up prior to the workouts listed. The warm up should consist of 5 to 10 minutes of rowing that begins easily, builds to moderate intensity, and includes a few short bursts of higher intensity near the end.
- Strokes per minute should be maintained between 26 and 36 during the workouts.
- Each week includes 3 rowing workouts. We have included an optional 4th workout for those wishing to row 4 times per week. Off days should include optional cross-training exercise.
- For an 8 week training plan, follow Cycle 1 then Cycle 2.
- For a 12 week plan, follow Cycle 1 once and then Cycle 2 twice.
- For the interval workouts, "Rest" is defined as very easy, zero intensity rowing.
- ***Review the section below on Monitoring Progress. Average pace of prior workouts will be used to target workout intensity.

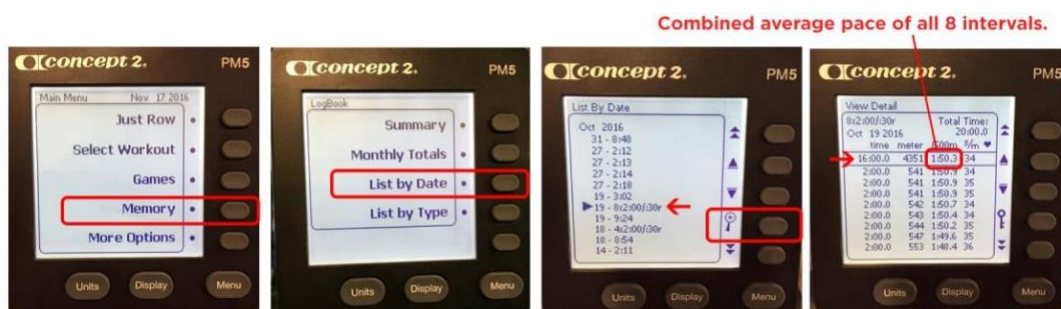
MONITORING PROGRESS

This training plan is based on targeting your "average pace" for varying workouts. Learn how to use the monitor on the rowing ergometer, which automatically calculates your average pace for the workout. For each of your workouts:

- After warming up, set up the workout using the "Select Workout" functions on the monitor.



- After completion, view the memory and note the average pace. This will be the average pace of a single distance OR the combined average pace of all the work portions of an interval workout.



Record this data for all your workouts, as it will be used in future workouts for determining your target pace

- For Time Trials, be sure to also record your final time.

Full instructions on using the PM are here: <http://www.concept2.com/service/monitors/pm5/how-to-use>

UNDERSTANDING PACING

- Pace on the Concept2 RowErg
 - In rowing, pace is measured as time per 500 meters. It is like time per mile in running. The smaller the time, the faster you are going. Example: a pace of 2:30/500m is slower than a pace of 2:05/500m.
 - The Performance Monitor shows your pace in the large central display and is updated on every stroke.
 - Your average pace can also be shown while rowing, in some display options.
 - Your pace info is also saved in the PM memory so that you can retrieve and review it after your workout.
- Pace Chart & Calculator
 - Concept2 offers several pace-related tools, which can help you understand the relationship between pace, distance rowed and elapsed time.
 - Pace Chart: http://www.concept2.com/files/pdf/us/training/Training_PaceChart.pdf
 - Pace Calculator: <http://www.concept2.com/indoor-rowers/training/calculators/pace-calculator>
- Using the Online Ranking
 - Concept2 maintains an online ranking of best performances from rowers of all ages around the world. This serves as a useful database with which to compare your own performance.
 - To add your own results to the Ranking, you will need to set up a free Online Logbook where you can store all your rowing workouts, and then choose to rank your best pieces.
- Developing a Race Plan
 - Before doing a Time Trial or Race, it is important to have a Race Plan. This plan needs to be based on the paces you have been rowing during your training for the race distance in question. Know what your target average pace should be. Useful strategies include:
 - Maintain a constant pace throughout the distance.
 - “Negative splits”, which involves starting the time trial at a pace one or two seconds slower than target and finishing faster than target average pace.
 - It is amazingly easy to go too hard in the first part of a Race or Time Trial. It just feels SO easy then! You need to have the discipline to keep yourself on your target pace, and not “fly’n’die”.