

# ADVANCED TRAINING PLAN



This plan is aimed at those with a high level of fitness, i.e. you regularly train four times a week or more. Use this plan to create an indoor rowing focused workout or to supplement your existing gym routine. This plan is designed to help you get the most out of your 500m row.

## THINGS TO REMEMBER WHEN TRAINING...

*Always consult your doctor before starting any exercise programme to determine if it is right for your needs. The training programmes and recommendations contained within this website are not intended to be a substitute for professional medical advice, diagnosis or treatment. The use of the training programmes is at your own risk. British Rowing shall not be liable for any damages or injuries, however caused, occurring during or after adopting the training programmes or other recommendations made.*

<b>Warm up and cool down</b>	Always perform a suitable warm up and cool down before and after every session. Example warm up: 5-10 minutes on another piece of equipment followed by some dynamic stretching. Example cool down: 3 minutes light rowing followed by static stretching of main muscles used (glutes, hamstrings, quads).
<b>Rowing technique</b>	Sliding Seat - Drive: Legs, Body, Arms. Recovery: Arms, Body, Legs. Fixed Flat Seat - Drive: Arms, Body. Recovery: Body, Arms. Fixed Upright Seat - Drive: Shoulders, Arms. Recovery: Arms, Shoulders.
<b>What is a split?</b>	The 'split' is the time it takes to row 500m. The harder you work, the quicker you will row 500m and the lower the split. Ensure the display on the monitor shows the split i.e. 0:00/500m, as this plan has been designed to work off your individual split.
<b>What is the resistance level?</b>	Set the damper lever to 4 or below. This will help you to maintain good technique for the duration of your workout.
<b>What is the SPM?</b>	SPM stands for Strokes Per Minute. As the stroke rate increases, the split should naturally drop because you will be rowing faster and working harder. At a slower stroke rate you should be able to maintain your splits for longer. To increase the stroke rate focus on driving/pushing harder with the legs whilst still taking your time on the recovery.
<b>What is cross training?</b>	Cross training is when you use another piece of cardio equipment to supplement your training routine. The cross training below (Session 3) will help to build your endurance fitness whilst providing variety to your weekly training routine.
<b>Remember to include</b>	Strength exercises such as squats and lunges. Core exercises that focus on lower back e.g. plank, side plank, dorsal raises. Stretches for your hip flexors and calves.

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Monthly goal (weeks 1-4)	Week 1	Week 2	Week 3	Week 4
<p>Stepping up the training from the intermediate plan your sessions will encourage you to work at very high intensities and higher rates for longer, whilst maintaining your technique, especially a strong leg drive.</p> <p><b>Session 3</b> each week: Cross training on any other piece of cardio equipment for 25 minutes.</p> <p>If using the indoor rowing machine, row at split +25 seconds.</p>	<p><b>Session 1:</b> 500m test</p> <p>Use this to set your baseline and base the following sessions on your average split for the test.</p> <p><b>Session 2:</b> 1,000m row @ 28 SPM 2 min rest 750m row @ 28 SPM 90 seconds rest 500m row @ 28 SPM For adaptive rowers +2 SPM</p>	<p><b>Session 1:</b> 2 min row, 4 min rest x 6 <b>@ split +5 seconds</b></p> <p><b>Session 2:</b> 100m row, 1 min rest 200m row, 1 min rest 300m row, 1 min rest 400m row, 2 min rest 500m row, 2 min rest and continue back down to 100m <b>@ split +5 seconds</b></p>	<p><b>Session 1:</b> 40 second row, 20 second rest x 5 3 min rest 40 second row, 20 second rest x 5 <b>@ split -5 seconds</b></p> <p><b>Session 2:</b> 15 min row with 20 second sprint every 3 minutes <b>@ +15 seconds</b></p>	<p><b>Session 1:</b> 100m row every minute on the minute x 10 rest for the remainder of the minute <b>@ split &gt; -5 seconds</b></p> <p><b>Session 2:</b> 20 second light row, 20 second medium row, 20 second hard row x 10 <b>@ split -5 seconds</b> 10 strokes for maximum distance x 5</p>
Monthly goal (weeks 5-8)	Week 5	Week 6	Week 7	Week 8
<p>Building on the first four weeks of training you will repeat the sessions but with the aim of beating your previous scores.</p> <p>Some sessions will now involve 'active recovery'.</p> <p><b>Session 3</b> each week: Cross training on any other piece of cardio equipment for 30 minutes.</p> <p>If using the indoor rowing machine, row at split +25 seconds.</p>	<p><b>Session 1:</b> 500m re-test</p> <p>Use your new score and average split to base the following sessions on.</p> <p><b>Session 2:</b> 1,000m row @ 26 SPM 2 min rest 1,000m row @ 28 SPM 2 min rest 1,000m row For adaptive rowers +2 SPM</p>	<p><b>Session 1:</b> 2 min row, 4 min rest x 8 <b>@ split +5 seconds</b></p> <p><b>Session 2:</b> 100m row, 1 min rest 200m row, 1 min rest 300m row, 1 min rest 400m row, 2 min rest 500m row, 2 min rest and continue back down to 100m <b>@ split +5 seconds</b></p> <p>perform 30 reps of squats, press ups or crunches during each rest period</p>	<p><b>Session 1:</b> 40 second row, 20 second rest x 5 3 min rest 40 second row, 20 second rest x 5 3 min rest 40 second row, 20 second rest x 5 <b>@ split -5 seconds</b></p> <p><b>Session 2:</b> 15 min row with 20 second sprint every 2 minutes <b>@ +10 seconds</b></p>	<p><b>Session 1:</b> 1,000m row @ 28 SPM 2 min rest 1,000m row @ 28 SPM 2 min rest 1,000m row @ 28 SPM For adaptive rowers +2 SPM</p> <p><b>Session 2:</b> <b>Race Day!</b></p>

Congratulations on successfully completing the 8 week advanced training plan.