

Rowing

Holiday Training Program and Training Diary



ST PETERS
GIRLS



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Holiday Training Program

The aim of this booklet is to give you guidance on what training you can do at home during the holidays or periods without training. This booklet is designed primarily for the summer holidays, but is equally useful for other school holiday breaks or interruptions to training.

The summer holidays are a crucial time in the Rowing season, an opportunity to continue improving fitness and building towards the peak of the Rowing season in Term 1. Remember the 'Rule of 90' – you need to train consistently (90% of sessions) for 90 days before you begin to make aerobic adaptations. It is important to keep up training over the summer holidays so that we maintain or build on the adaptations we have made in Terms 3 and 4.

To keep things simple, training is based on a point system; points are accumulated throughout the week.

Remember, the points recommendation is a minimum standard. I encourage everyone to do more than this, as it will be a huge benefit to yourself, individually as well as your crew. It is a good idea to try to do something almost every day!

Some training recommendations:

- Bodyweight circuit should be completed 2 times each week.
- Cardio sessions (e.g. running, bike riding, swimming, hiking) should aim to be at least 20 minutes in duration.
- You should aim to do 2-3 cardio sessions for every threshold or interval session.

POINTS SYSTEM

- Senior Rowers should aim to obtain a **minimum 450 points** a week.
- Intermediate Rowers should aim to obtain a **minimum 350 points** a week.
- Junior Rowers should aim to obtain a **minimum 300 points** a week.

EXERCISE	POINT ALLOCATION
Bodyweight Circuit	1 round = 25 points (Aim for 2 rounds in Weeks 1 & 2; 3 rounds in Weeks 3+)
Ergo	See workouts listed below
Jogging/Running/Hiking	10 minutes = 20 points
Running Interval Sessions	1 session = 80 points
Swimming	10 minutes = 15 points
Cycling	10 minutes = 10 points
Other Sports/Activities	30 minutes = 20 points

Organise to do some sessions together and motivate one another!

If you have any questions over the holidays, contact Brynley Millward on 0455 995 560 or bmillward@stpetersgirls.sa.edu.au

'We are what we repeatedly do. Excellence, then, is not an act, but a habit.'
- Aristotle

Warm Up & Cool Down

Before any workout, it is essential to ensure that you warm up properly to maximise the benefits of the session and minimise the risk of injury.

Each session should start with 5 - 10 minutes of T2 exercise (e.g. bike, ergo, jog, etc.) followed by the Saints Girls' Rowing dynamic warm up routine:

DYNAMIC WARM UP ROUTINE		
1	ERGO WARM UP	I. FEET OUT
		II. SLIDE PROGRESSION
		III. 3 X 10 STROKE BUILDS <small>at -2/on/+2 of max rate for session</small>
2	LEG SWINGS	FORWARD
		LATERAL
3	BROOMSTICK THORACIC ROTATION	
4	SUPINE ARCHER	
5	MODIFIED MECCA STRETCH	
6	INCHWORM	
7	SQUAT JUMPS X 10	
8	LUNGE JUMPS X 10	

at -2/on/+2 of max rate for session

Rowing Australia has made a range of posters providing a useful array of mobilisation and activation exercises that you can also use before training to supplement your warm up:

<https://rowingaustralia.com.au/community-rowing/sports-medicine/>

It is also essential to cool down and stretch properly following each session as well. After every workout, you should complete a further 5 - 10 minutes of T1 exercise (e.g. gentle ergo, walk, etc.) to cool down, and complete a minimum of three stretches from the Rowing Australia 'STRETCH' poster after each session.

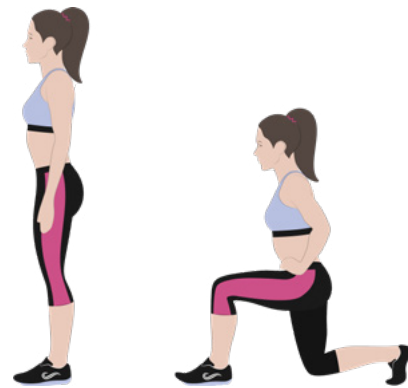
Bodyweight *Circuit*

(Can be done anywhere, anytime, no weights or equipment required!)
At any time, you can also use the resources available in '[Witness the Fitness](#)'.

Circuit 1

Warm up: 5 minutes of cardio + dynamic warm up
45 seconds on: 15 seconds recovery

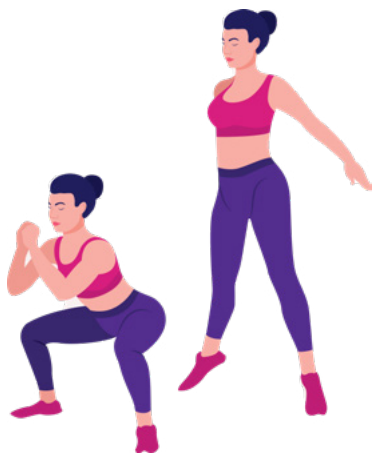
1. Push up
2. Step ups (+ weight if you have it)
3. Russian twists (+ weight if you have it)
4. Triceps' dip
5. Wall sit
6. Sit ups/V-sit
7. Mountain climbers
8. Burpees
9. Front plank
10. Alternating lunges (+ weight if you have it)
11. Superman (+ weight and row through)
12. Skipping



Circuit 2

Warm up: 5 minutes of cardio + dynamic warm up
20 seconds on: 10 seconds off x 2 per exercise

1. Jump lunges
2. Bicycle crunch
3. Push ups
4. Jump squats
5. Leg raises
6. Star jumps
7. Side plank left
8. Side plank right
9. Burpees
10. Up down plank
11. High knees
12. Wall sit



IF YOU HAVE WEIGHTS AT HOME

5 minute cardio warm up + dynamic warm up

These exercises are to be completed with weights if you have them. You can use dumb bells, resistance bands, TRX or other heavy objects you may have around the house, as long as it can be lifted safely and correct form can be maintained. If you are limited to lighter weights, you may want to increase the reps and sets to improve the workout.

Exercise	Sets	Reps	Tempo
Push press - Strong core - Neutral spine	3	12	2 / 0 / 1
Single arm bent over row/TRX row - Strong core - Neutral spine - Avoid additional rotation - Squeeze shoulder blades together	3	10 e/s	3 / 0 / 1
Goblet squat - Knees behind toes - Push through heels - Open chest - Eyes up - Knees out	3	12	3 / 0 / 1
Plank hold - Neutral spine - Head forward	3	As long as possible	-
Chest press - Neutral spine - Squeeze chest at top - Controlled eccentric movement	3	12	2 / 0 / 1
Reverse fly - Neutral spine - Hinge at hips - Squeeze shoulder blades together	3	12	1 / 0 / 1
Romanian deadlift - Neutral spine - Stretch in hamstrings - Push glutes back - Weight through the heels - Look forward	3	12	2 / 0 / 2
Russian twists - Open chest - Look up - Neutral spine	3	20 e/s	3 / 0 / 3

Ergo Workouts

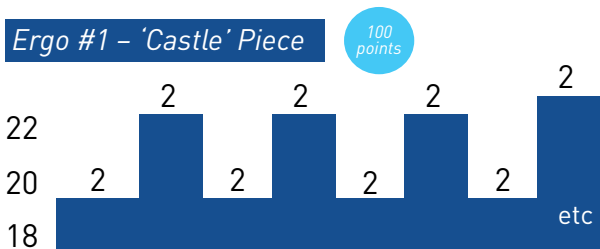
Ergo workouts are the most specific to Rowing and will yield the greatest fitness improvements for your rowing. As with all workouts, make sure you warm up and complete the dynamic warm up routine before you start the session.

Below are a few ergo options and the points for each session. Most of these sessions are 'aerobic' or 'T2' sessions, but there are also some higher intensity 'Threshold' ('T4') or 'Interval' ('T5') sessions as well. The higher intensity sessions are worth more 'points' because of their intensity, but you need the right balance in your training; you cannot just do high intensity sessions!

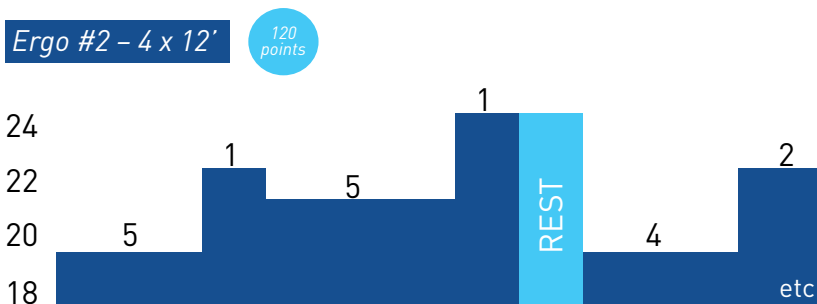
AS A RULE OF THUMB

For every point you earn doing a 'T4+' ergo, you need to earn two points from T2 ergo workouts, cross-training or bodyweight circuits.

T2 AEROBIC ERGOS



2 x 20' @ r18 and r22 alternating rating every 2' (rest 5')
 Make sure there is a change in split with every change in rate!



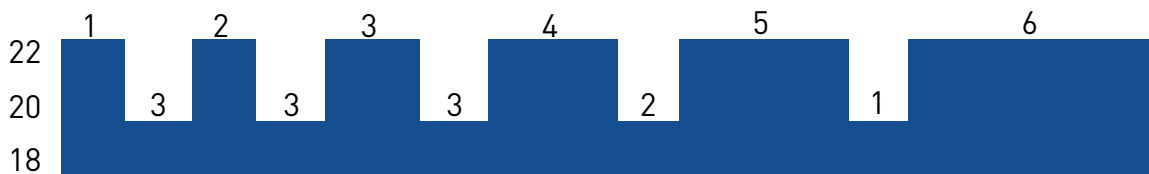
4 x 12' @ r18/22/20/24 (rest 3')

This can be reduced to 2 or 3 x 12' or increased up to a maximum of 5 x 12'. If you reduce or increase the number of 12' pieces, change the value by 30 points for each repetition of 12' you add or remove.

	18	22	20	24
#1	5	1	5	1
#2	4	2	4	2
#3	3	3	3	3
#4	2	4	2	4
#5	1	5	1	5

Ergo #3 - 'LT1' Piece

80 points



33' @ r18 and r22 alternating, with rating changes as above

This can be completed in reverse using the same format, and for a big session, can be repeated with 5' rest (double the points!).

T4+ THRESHOLD AND INTERVAL ERGOS

Ergo #4 - 10'+4' 'Power-phase' Piece

60 points

10' @ r28, holding FTP (or approximately 98% of your 5000/3000m test average)

4' @ open rate, MAXIMAL

Make sure to pace yourself in the 10' so that you have something left and somewhere to go in the 4' of open rate at the end. If you really feel like a challenge, this can be repeated with 5' rest.

Ergo #5 - Threshold Distance Intervals

180 points

Seniors: 6 x 1000m @ r26, 4' active rest

Inters: 4 x 750m @ r26, 3' active rest

Juniors: 4 x 500m @ r26, 3' active rest

Make sure to keep moving during the active rest, minimal pressure, but keep moving!

Ergo #6 - 'LT2' Piece

120 points

r18	3:00		2:30		2:00		1:30		1:00		:30	
r28		:30		1:00		1:30		2:00		2:30		3:00

21' total time for each 'LT2' piece, alternating between r18 and r28

The r18 should be slightly below paddling pressure, not active rest. Like the 'Power-phase' you will want to pace yourself through this piece. It feels like it is starting easy, but in the last 9', you only get 1:30 of r18 to recover. Can be completed in reverse, which is just as hard, but loads up most of the work in the first 9' instead.

Cross-Training

Rowing is a primarily aerobic sport, and although rowing or erging will yield the most benefit, any aerobic exercise is going to contribute to improved fitness and improved rowing performance. 'Cross-training' includes any other modality of aerobic training: running, swimming, cycling, anything!

The point allocation for some modalities of cross-training are given on page 3.

Remember that to have an impact, your heart rate needs to be elevated for a minimum of 20 minutes. The point allocation for some modalities of cross-training has been given above in 10 minute increments, but you should be aiming to cross-train for 20+ minutes.

RUNNING INTERVAL SESSIONS

All interval sessions must begin with a 10 minute jog and then dynamic (moving) stretches, and end with 10 -15 minute easy jog and 10 minutes static stretching.

RUNNING INTERVAL 1

4 reps of:

3 minutes hard running (80%)

2 minutes easy walking

5 reps of:

2 minutes hard running (85%)

1 minute of easy walking

RUNNING INTERVAL 2

3-2-1-2-3-2-1 minute of hard running (70%, 80%, 90%)

2 minutes of easy walking between runs

RUNNING INTERVAL 3

3 sets of

8 reps of

20 seconds of 90% max running speed

20 seconds off

3 minutes between sets

RUNNING INTERVAL 4

5 minutes light jog

12 x 30 seconds hard, 30 seconds light

5 minute jog to cool down



RUNNING INTERVAL 5

5 minutes light jog

3 sets of:

3 minutes at 85% (e.g. 12km/hr)

2 minutes at 60% (e.g. 9km/hr)

2 minute jog

3 sets of:

2 minutes at 85%

1 minute at 60%

5 minute recovery jog

ROAD RUNNING INTERVALS

5 minutes light jog

Run normally and sprint between every 3rd and 4th light post – continue for 20 minutes



TREADMILL RUNNING INTERVALS

5 minutes light jog

2:30 at 70% (e.g. 13km/hr)

0:30 at 60% (e.g. 10km/hr)

2:00 at 75% (e.g. 13.5km/hr)

1:00 at 60% (e.g. 10km/hr)

1:30 at 80% (e.g. 14km/hr)

1:30 at 60% (e.g. 10km/hr)

1:00 at 85% (e.g. 14.5km/hr)

2:00 at 60% (e.g. 10km/hr)

0:30 at 90% (e.g. 15km/hr)

5 minutes recover jog

EXERCISE BIKE PROGRAM 1

	Level	Rpm
Warm up – 5 minutes	8-10	80
5 x 15 seconds on: 45 seconds off	12-16	As fast as possible
1 minute recovery spin	8-10	80
5 x 30 seconds on: 30 seconds off	12-16	100+
1 minute recovery spin	8-10	80
5 minute grind	10-14	90+
3 minute cool down	8-10	80

EXERCISE BIKE PROGRAM 2

	Level	Rpm
Warm up 5 minutes	8-10	80
3 x 1 minute on: 1 minute off	10-14	90+
1 minute recovery spin	8-10	80
3 x 40 seconds on: 1 minute off	12-16	90+
1 minute recovery spin	8-10	80
3 x 30 seconds on: 1 minute off	12-16	100+
3 minute cool down	8-10	80

Example Week 1

DAY	DATE	AM	PM	POINTS
MONDAY		Running 30 mins		60
TUESDAY			Circuit x 2	50
WEDNESDAY			Swimming 1km (= 30 mins)	45
THURSDAY		Circuit x 2		50
FRIDAY				
SATURDAY		Bike ride 50mins		50
SUNDAY		Ergo #6		120
			TOTAL POINTS =	375

Example Week 2

DAY	DATE	AM	PM	POINTS
MONDAY		Circuit x 2		50
TUESDAY		Ergo 2		120
WEDNESDAY		Running 20 min		40
THURSDAY		Rest day		
FRIDAY			Circuit x 2	50
SATURDAY		Running Interval 3		80
SUNDAY			Ergo #3	80
			TOTAL POINTS =	420

My Training Diary

Week 1

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 2

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 3

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 4

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 5

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 6

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 7

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =

Week 8

DAY	DATE	AM	PM	POINTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL POINTS =