

Arlington

Crew

Spring Season 2009 Training Program:

Goals of the Program:

- To improve times of all rowers to elite level
- Systematic additions in intensity and duration as program progresses
- Improve Strength
- Improve Endurance
- Improve Overall Health

Goals of the Boats:

- Put together the fastest boats possible
- Improve split times in each race
- Win

Sample Goals for Individual Rower:

2,000 Meter Erg Test:

Old PR:	New PR:
7:15	<7:00
7:00	<6:50
6:55	<6:47
6:50	6:43
<6:45	<6:40

Aspects of the Program:

The program will incorporate the following:

- Weight Training
- Erg Pieces
- Calisthenics
- On-Water Rowing (in season)
- Flexibility Movements

Outlines:

In season, on water rowing will always be preferred and prioritized. If that is not possible it is very easy to transfer the water workout to the ergs. Also, a set of daily calisthenics should be performed daily. Occasional and strategic weight training is also part of the program. Much of the weight training is for the development of more strength and power, with the erg, water, and calisthenics activities put more on muscle memory and endurance. The key to this program is **volume**. You must be active, alert and put effort into it, you will get out of it what you put into it.

Nutrition on this Plan:

Nutrition is tricky, and most of this advice is against common advice, but it is proven, do research and make your own decisions, but my recommendation:

- Get between .9 and 1.5 grams of protein per pound of bodyweight every day.
- Avoid high sugar and high Glycemic Index foods
- Limit carbs to less than 25 grams per meal except within one hour of working out
- Get enough healthy fats: Monounsaturated, Polyunsaturated and yes, saturated fats.
- Cholesterol is healthy
- A good fish oil supplement is recommended.
- Eat LOTS of veggies and low fructose fruits, such as apricots, avocados, berries, figs, peaches, grapefruits and tomatoes. Limit high fructose foods such as apples and bananas to an occasion **breakfast**.
- There is a ton of great information out there, but you have to be careful.

Sites I recommend:

StrongLifts.com (look for my article on cholesterol!)

MarksDailyApple.com (especially [The Primal Blueprint](#))

PrecisionNutrition.com

Program Outline:

August:

- Summer Crew Ends, rest and taper until August 15th.
- August 15, 16, 17: Erg Work and Calisthenics to get back in swing.
- August 18 thru September 6th: Weight Training 3x/week, Erging 5x/week, cals 4x/week

September & October:

- September 7th thru October 31st: On Water/Erg 5x/week, weight training 2x/week, cals 3x/week, except race weeks are as follows:
 1. Water/Erg with 1 weight session M-W, then taper until race.

November:

- November 1st thru 27th: Erg Work 4x/week, weights 3x/week, cals.
- November 27th: 5,000 meter erg test

December:

- November 28th thru December 24th: Concept 2 Holiday Challenge: Row 250,000 meters in this time. Also weights 2x/week and cals 3x/week
- December 24th: Final Challenge meters, DO THEM!
- December 25th: Complete rest day.
- December 26th thru 29th: 4 erg pieces, 3 cal days, 1 weight session.
- December 30th thru January 1st: Rest, taper, relax.

January:

- January 2nd thru 31st: Erg 5x/week, weights 3x/week, cal 5x/week

February:

- February 1st thru 7th: Erg 5x/week, weights 4x/week, cal 4x/week
- Feb 8th thru 14th: C2 Valentine's Day Challenge – Row 14,000 meters that week, any way plus 3x/week cal, recover from hard January.
- Feb 15th thru March 7th: Land Practice 5x/week, weights 3x/week, cal in land training, erg 2x/week or in practice.

March:

- March 8th thru April 3rd: Water Practices, erg 2x/week, cal 3x/week.

April & May:

- April 4th thru May 31st: Races:
Race Weeks:
 1. Sunday (If back): re-rig, practice if possible.
 2. Monday: Hard water/erg piece, weights, cal
 3. Tuesday: Hard water/erg piece, weights, cal
 4. Hard Water/erg piece, light weights, cal
 5. simulated race, calisthenics
 6. Friday: cal and de-rig

Non-Race Weeks:

1. Monday: Hard Water/erg piece, cals and weights
2. Tuesday: Hard Water/erg piece, cals
3. Wednesday: Hard Water/erg piece, weights and cals
4. Thursday: Hard Water/erg piece, cals
5. Friday: Hard Water/erg piece, cals and weights.
6. Saturday: Hard Water/erg piece, cals
7. Sunday: Rest

Warm Up Criteria FOR ALL WORKOUTS:

3 min. Steady State

30 sec. Hands only

2 strokes arms & back to lengthen

30 sec. Half Slide

2 Strokes to lengthen

30 sec. Full Slide

Power 5

Paddle 10

Cool Down Criteria:

3 min Steady state:

- FOCUS ON
- controlling breathing
- relaxing
- lowering heart rate

Day By Day

Program:

ERGING

HOW TO READ THIS:

+ (#) = # seconds over your 2,000m PR

eg: +4, if your 2,000m PR is 7:00 (1:45 Pace), then +4 would mean 1:49

FP = Full Pressure

August 15th, 2008

- 30 Minute Row at 15 seconds over your 2,000m PR PACE.
- Focus on:
- breathing
- controlling rate
- steady and consistent pressure

August 16th, 2008

- Pyramid Down Piece:
- 6 min piece at +10, 2 min rest
- 5 min piece at +9, 2 min rest
- 4 min piece at +7, 2 min rest
- 3 min piece at +6, 2 min rest
- 2 min piece at +3, 1:30 rest
- 1 min piece FP
- Focus on:
- Breathing
- Power
- Consistent Leg Drive

August 17th, 2008

- 5 x 750m piece with 1 minute rest between reps
- Pace should be -1 to +2
- This is an anaerobic threshold workout.
- Focus on breathing, keep stroke rate controlled at a 28-32

August 18th thru September 6th, 2008: (BASE MESOCYCLE)

For this period, you will do erg workout **5 times per week, with at least one day of complete rest (Sunday).**

You may do the workouts in any order, and on any day **FOR THAT WEEK**

(workouts are broken down by week)

August 18th – 23rd, 2008:

Workouts:

1: 3 sets of 10 reps of :20 **sprint**, :40 rest, with 3:00 rest between sets

Go all out on the Sprints, high rate, breathing, low pace, there is plenty of rest time incorporated for you to recover...

2: 5x5 piece with 1:00 rest between reps, keep it at +10

3: 60 minute row at +17, relax and recoup

4: 10 reps of 3:00 on, :45 off at +2 to +3 focus on power and consistency, strong pull through and consistent back strength when you rotate over the keel

5: 3 x 2,500m pieces at +3 to +5 , focus on constant slide speed with a ratio for recovery to drive of 2:1

August 24th thru 30th, 2008:

Workouts:

1: 60 minute Row at +11, relax

2: 15x 1:40 on, :20 off, at +4 to +6, focus on power and in the last 10 seconds of the last 5 reps, bring up the rate and the power to a sprint.

3: 2 x 6,000m pieces at +15, with 3 mins rest in between, focus on steady and controlled breathing and stroke rate.

4: 4 x 1,000m with 4 min rest at +1, focus on the leg drive and explode off the foot stretcher, lots of power, keep the stroke rate at a 30

5: 30 minute relaxing row

August 31st thru September 6th:

Workouts:

1: 10 minutes at +10, 3:30 rest, repeat 3 times, focus on breathing

2: 6 x 500m hard, 1:00 rest, the 500m pieces should be at -3, focus on bringing up rate and power and explosive pull through.

3: 3 minutes at a 20-23 stroke rate, + 8, then 2 minutes at a 26-29 stroke rate, + 5, then 1 minute at 30-34, at -1, then rest for 2 minutes, repeat this 5 times.

4: :40 at 30 SR and +3, :20 off. Repeat 5 times, rest for 2 minutes, then repeat again. Focus on consistent power.

5: 50-80 minute row, relaxing.

***NOTE: This is the week that school starts, so time may be tight during this period. Try to do AT LEAST 3 workouts if not all 5, if you miss one, try to skip and easy one, you know which workouts make you better and which are for recovery, its your choice, if you miss a workout, try to supplement with extra cal's or a few more minutes in the weight room.**

September 7th thru October 31st: (ON-WATER CYCLE)

For this cycle, you will erg **once per week** (except on days when we do not get out on the water). You may choose to do this erg workout at any time during the week. There are **10** workouts for this cycle, but only **8** weeks. Do at least **5** of the workouts, for the other 3 weeks, you may repeats any of them or continue to do the other ones. **All of these workouts are designed to take less than 30 minutes, so that it doesn't take up all of your time...there is really not excuse that you can't find an extra 30 minutes in a whole week, don't find time...make time, cut out some tv...**

NOTE: In the first few days of fall crew, a 2,000m erg test and/or a 6,000m erg test are likely to see that you are ready for the boat...be ready...changes to the erg work will be decided based upon Coach's scheduling of the tests.

Workouts for September 7th thru October 31st, 2008:

1. 1:00 hard, :30 easy, do 15 of these, take one easier in the middle if you have to to maintain good pressure on the rest.
2. 2:00 hard, 2:00 easy, do 5 or 6 of these, theres plenty of rest put in, so make the 2:00 on count with lots of power.
3. 4:00 on, 2:00 easy. Do 3-4 of these at +5 to +7
4. 8:00 on, 4:00 off. Do 2 of these, keep the pressure strong and steady the whole time at +7 to +9.
5. Pyramid: 1:00, 2:00, 3:00, 4:00, 3:00, 2:00, 1:00, with same time rest, make them count with full pressure each time, especially on the way back down.
6. Down Pyramid: 5:00, 4:00, 3:00, 2:00, 1:00 with 1:00 rest between, start out moderate and be at FP by the last piece.
7. 1:45 on, :15 off, keeps heart rate up the entire workout, great for fat burning and nervous system development. Do 5, rest for one, then do 5 more.
8. :40 Hard, :20 easy. Start moderate, then build, do 10, rest for 2:00, then 5 more.
9. 4 x 500m piece at FP with 1:00 rest between reps.
10. :30 on, :30 off. Do 10, rest for 2:00, then do 12 more. Put a lot of power on these, go for 80-90% of FP.

November 1st thru 27th, 2008: (AT CYCLE)

For this cycle, you will erg **4 times per week**. This is the **last structured erging program until 2009**, so make sure you follow it carefully. There is a **5,000m erg test at the end of this program (on Thanksgiving Day)**. For the bulk of **this month, the erg pieces will help you to get a great time on that piece**. More on the 5,000 meter piece will be posted when you need to worry about it, for now, keep training hard.

November 2nd thru 8th, 2008:

Workouts:

1. 45-60 minute row, relaxed pace
2. 3,000m piece at +7, 2:00 off, 2,500m piece at +6, 2:00 off, 2,000m piece at +4.
3. 12 x 500m with 1:00 rest between sets. Pick a pace you know you can do the whole time, bring it up on the last 2. The last one should be **under** 1:40
4. 3 x 2,000m with 3:00 rest between sets. Chose a hard pace you can keep.

November 9th thru 15th, 2008:

Workouts:

1. 8 x 750m pieces at a hard pace, close to that of your 500m pieces from last week.
2. 4 x 1609 (1 mile) pieces at +5. 4:00 rest between sets. Focus on controlled rate, breathing and power.
3. 12,000m steady row. Moderate Pace
4. 6,500m hard, like a time trial, but it won't count, go all out though.

November 16th thru 22nd, 2008:

Workouts:

1. 6 x 1,000m pieces at +4, 1:00 rest between sets. Keep the power consistent.
2. 16,090m (10 Mile) row at a steady pace, bring up the pressure to FP at 15,000m and finish strong.
3. 4 x 1,700m pieces at +4, 2:00 rest between reps.
4. 11 x 600m pieces at +3, 1:00 rest between sets.

November 23rd thru 27th, 2008:

DURING THIS WEEK, ON THURSDAY, YOU WILL DO A 5,000m ERG TEST.

Workouts:

Monday: 4 x 1,200m pieces at the pace you want to do your 5,000m test at. Keep the stroke “long and strong”.

Tuesday: 20-30 minute relaxed row, just some tapering and get the blood pumping to flush out the muscles.

Wednesday: Rest, maybe a few calcs, but all in all, less than 10 mins of hard work, you're going to need your energy for tomorrow.

Thursday: 5,000m erg test.

Tips for getting the most out of your 5k:

- Relax, get a good night sleep the night before, eat a good breakfast like eggs.
- Drink at least 2 liters of water before you do it.
- Make sure there are no distractions during your piece, it will take you less than 30 minutes total including warm up and cool down, put your phone away, tell your parents/siblings you need a half an hour of concentration.
- Go out strong, but don't die off early, chance are you you can carry your pace to about 1,000m remaining, you can fight the pain mentally and finish up.

- Try to get it done early, like between 10AM and 12Noon, its Thanksgiving, get it done, rest and eat the rest of the day.
- Make sure you have been awake for at least 2 hours before you do it, if not, your body isn't properly hydrated after sleeping and you risk injury, especially in your spine, plus, the hydration will improve your performance.
- Go for a PR on this, the training before this has more than set you up to pull a great time.
- Here are some split times and what raw time they will yield:

Split Time	5,000m Time
1:55	19:10
1:54	19:00
1:53	18:50
1:52	18:40
1:51	18:30
1:50	18:20
1:49	18:10
1:48	18:00
1:47	17:50
1:46	17:40
1:45	17:30

November 27th thru December 24th, 2008: (C2 Challenge Cycle)

In this cycle, you are free to erg as you like! **This is the easiest cycle in the program, so enjoy!** Relax and spend some time with your friends and family. In this time your muscles will recover, as you will likely be doing mainly long, steady rows. While this part of the program is easy, you will still have to work.

Here is the Concept2 Holiday Challenge:

Row 100,000 meters or 200,000 meters between **November 22** and **midnight**

December 24

- You do not need to be on a team to participate! Log your individual meters.
- Record indoor rower meters only (no on-water meters, please!)
- Kid's Holiday Challenge allows kids (aged 16 and under) to participate at 50,000 meters
- Adaptive rowers can choose to participate at the 50K, 100K, or 200K levels
- **Deadline for entering meters:** January 4th, 2009

You Should go for 250,000m, but anything over 100,000m is fine. Go to

<http://www.concept2.com/sranking03/log.asp> to get a training log if you like so

that we can show up on the leaderboards.

On December 25th (Christmas Day), take a full rest day.

December 26th thru 29th: (YTD Cycle)

This is the final cycle of the year! It is very short (4 Days) but important so that you don't lose all the hard work you have done so far over the holidays. In this session, you will erg **all four days**.

Friday: 10,000m steady state row. Relax, it might feel a little tight, but work through it as a re-introduction to some real erg work.

Saturday: 5:00 on at +5, 1:00 rest. Do this 5 times, then do a 500m sprint at the end as hard as you can. Focus on breathing and technique, especially the back angle.

Sunday: 50 minute row at a moderate, steady pace. Cement your technique and focus on that. Mix some power 10s in there to make the time go by faster.

Monday: 5 x 1,000m pieces at -3, 5:00 rest between reps.

December 30th, 31st (2008) and January 1st, 2009: (Rest Cycle)

This is your rest. Enjoy new years, holiday, etc. Don't go nuts, but have fun. Its your rest time, you've earned it. Make sure to rest, don't worry about losing shape or anything because the hardest 2 months of your life are coming up next...

January 2nd thru 31st, 2009: (Volume Mesocycle)

In this cycle, you will be doing erg work **5 times per week**. This is the beginning of the most intense part of the program. This part of the program will push your training maximums and thresholds.

January 2nd thru 3rd, 2009:

Friday: 10,000m Steady State Piece

Saturday: 50-90 minute relaxed row.

January 4th thru 10th, 2009:

Workouts:

1. 8x 500m sprint at -5, 3:30 rest between reps. Focus on breathing and the stroke rate while maintaining power.
2. Steady State Row for 8,000m to 15,000m
3. 5 x 1,500m pieces at +1 with 5:00 rest between, 5th rep at -1
4. Hard Distance of 5,000m to 8,000m
5. Stroke Pyramid: 10 hard, 10 easy, 20 hard, 20 easy, 30 hard, 25 easy, 20 hard, 20 easy, 10 hard, 10 easy, 2:00 rest, repeat 4-6 times.

January 11th thru 17th, 2009:

Workouts:

1. 500m sprint. Do 3 with 1:30 rest between reps, then take 3 min rest. Do 3-5 sets
2. 2:00 sprint, :45 off. Do 3, rest 3:00. Do 2-4 sets
3. 1:00 Sprint, :30 off. Do 3, rest 2:00. Do 4-6 sets
4. 10:00 all out, 5:00 rest. Repeat until Split time is over 2:00/500m, do at least 2.
5. 750m All out, 250m rest, repeat 2x, rest 3:00, do 3 sets.

January 18th thru 24th, 2009:

Workouts:

1. 30:00 at 2k + 17-19, repeat 2x
2. 3:00 all out, 2:00 rest, repeat 6x
3. 6:00 all out, 5:00 rest, repeat 4x, then do a 1:00 all out piece
4. 2:00 all out, 5:00 rest, repeat 15x
5. :25 all out, 1:00 off. Repeat 25x, then do 1:00 all out

January 25th thru 31st, 2009:

Workouts:

1. 5:00 at 2k + 10, 3:00 rest, repeat 4x, then do a 2:00 all out piece
2. 1,000m at 2k pace, 2:30 rest, repeat 8x, then do a :30 all out piece.
3. 2,000m at 2k + 8-9, 4:00 rest, repeat 2x, then do a 500m sprint.
4. 250m all out, 1:40 rest, repeat 15x, then do a 1,000m piece with all remaining energy.
5. :20 on, :40 off, repeat 15x, do 2 sets, then do a 500m sprint.

This is the end of this training. By this point, we anticipate holding daily organized practices. If not, by then a supplemental workout plan will be provided for the time until they do.