



## **6 WEEK ADVANCED PROGRAM EXAMPLE**

This is a general aerobic fitness program for WaterRower users who have been rowing regularly for the last 6 months.

The days selected for rowing in the weekly outline below may not be appropriate for you, if you need assistance with changing the weekly outline then please contact [advice@watercoach.com](mailto:advice@watercoach.com).

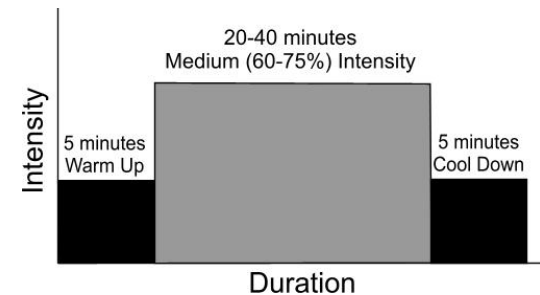
Please use this program for 6-8 weeks, after which you can contact [advice@watercoach.com](mailto:advice@watercoach.com) for additional rowing session ideas.

### **Rowing Sessions included into the Weekly Routine**

#### **STEADY STATE ROW SESSION**

This is continuous rowing with a consistent stroke rate and intensity over a set period of time or distance. The duration of the workout for advanced rowers can vary between 20-40 minutes. Always aim to row for at least 20 minutes, if you are feeling strong and have the time, aim to row for a bit longer (40-45 minutes).

Intensity must be between 60-70% of your Maximum Heart Rate (MHR). Stroke rates are usually around 20-24 strokes per minute (spm) for steady state rowing.

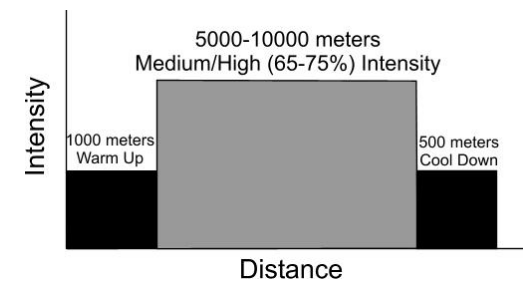


#### **DISTANCE ROW SESSION**

This is steady state rowing for a certain distance, usually it is a little higher in stroke rate & intensity than a timed steady state piece. Set your monitor to a distance workout so you can count down a set distance for your session. Set a distance of 5000 meters up to 10 000 meters (3 mile up to 6 miles). Time range is anywhere between 20 minutes up to 50 minutes.

Stroke rates are usually around 22-24 strokes per minute (spm).

Intensity 65-75% of your maximum heart rate.



## **WaterRower**

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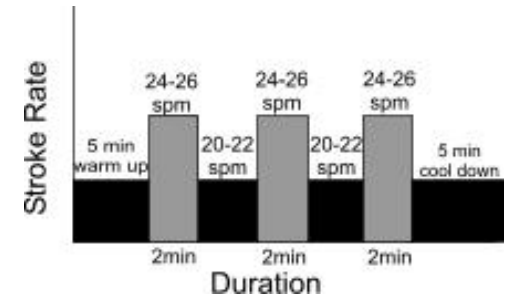
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## CASTLES ROW SESSION

This session breaks up a long steady state row into sets of different stroke ratings. These steps can be in time – 1 or 2 minutes steps or in distance – 500 meter steps. The stroke rate changes are small, increasing by 1 or 2 spm.

For example: 10-15 minutes warm up of light rowing, 2 minutes row at stroke rate 22spm (or your normal steady state stroke rate) concentrating on long strong rowing strokes, after 2 minutes move to the next step of 24spm for 2 minutes, after which row again at 22spm for 2 minutes and repeat this until you have completed your session. Remember with the small increase in stroke rate, *do not think of it being harder work, just a little looser and slightly quicker*. Aim to keep a consistent intensity of between 60-70% of your MHR.



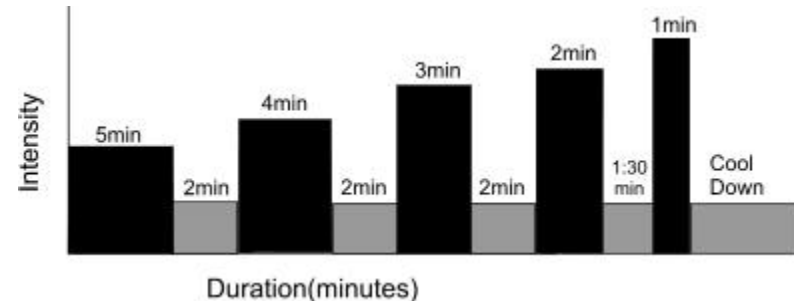
## 15 MINUTE INTERVAL PYRAMID ROW SESSION

5-10 minutes warm up rowing

15 minute interval pyramid split up into steps of 5 minutes -4 minutes -3 minutes - 2 minutes -1 minute increasing the intensity and rating by 1-2 spm (strokes per minute) every change. Resting 2 minutes between pieces.

The ratings given below are a guideline.

- 5 minutes rating 28-32 spm @ 75-80%,  
2 minutes rest
- 4 minutes rating 28-32 spm @ 75-80%,  
2 minutes rest
- 3 minutes rating 28-32 spm @ 75-80%,  
2 minutes rest
- 2 minutes rating 30-34 spm @ 80-85%,  
1:30 minutes rest
- 1 minutes rating 32-34 spm @ 85-90%



You can repeat the pyramid after a 5minute rest or choose to do a cool down. Cool down 5-10 minutes light rowing & stretch.

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## 1000 METER INTERVAL ROW SESSION

2000 meters (8-10 minutes) of light rowing.

4 x 1000m interval pieces at a high intensity with 500m rest between each  
1<sup>st</sup> 1000 meters - divided into 4 x 250 meters, after each 250 meters (250m - 500m - 750m - 1000m) increase stroke rate.

For example:

1<sup>st</sup> 250 meters rate 26spm (please note stroke rates are given as a guideline),

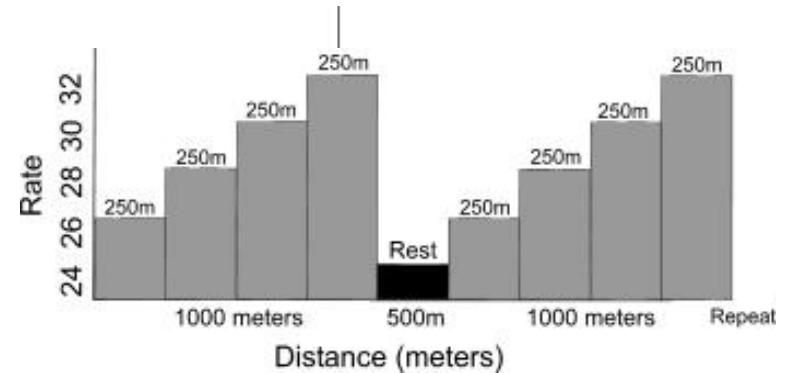
2<sup>nd</sup> 250 meters (from 250m to 500m) increase stroke rate to 28spm

3<sup>rd</sup> 250 meters (from 500m to 750m) increase stroke rate to 30spm

4<sup>th</sup> 250 meters (from 750m to 1000m) increase stroke rate to 32spm

Rest 500 meters (+/- 2minutes) then repeat the 1000 meters 3x.

500 – 1000 meters light rowing for cool down & stretch.



## STROKE PYRAMID ROW SESSION

After 5-10 minutes warm up row, begin the stroke pyramid.

10 strokes hard (high rating and at 85-90% effort) 10 strokes light (very light rowing),

20 strokes hard – 20 strokes light

30 strokes hard – 30 strokes light

40 strokes hard – 30 strokes light

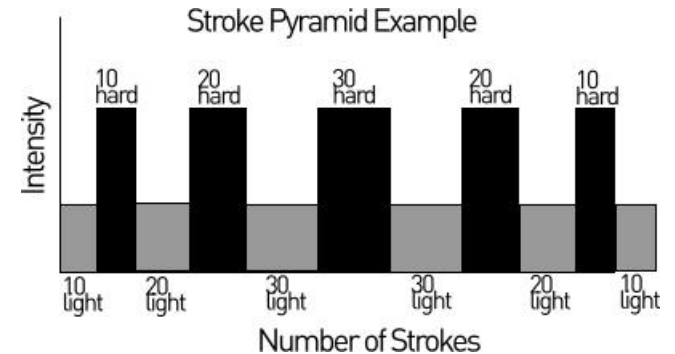
50 strokes hard – 30 strokes light

40 strokes hard – 30 strokes light

30 strokes hard – 20 strokes light

20 strokes hard – 10 strokes light

10 strokes hard – cool down for 3-5 minutes of light rowing



Note that you do not take more than 30 strokes light.

5-10 minutes light rowing cool down & stretch.

**Please remember everyone is different so please use these suggestions and training outline below as a guideline.**

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## 6 WEEK TRAINING OUTLINE EXAMPLE FOR ADVANCED ROWERS

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>WEEK</u> <u>1</u>	DISTANCE ROW 5000 - 8000 meters& stretch	CASTLES 20 mins minimum & stretch	15 MIN PYRAMID & stretch	DAY OFF	STEADYSTATE 20-30 mins & stretch	INTERVAL ROW 1000 meter pieces & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>2</u>	DISTANCE ROW 5000 - 8000 meters& stretch	15 MIN PYRAMID & stretch	STEADYSTATE 20-30 mins & stretch	DAY OFF	CASTLES 8-12 mins & stretch	DISTANCE ROW 8000 -10 000 meters& stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>3</u>	DISTANCE ROW 5000 - 8000 meters& stretch	CASTLES 20 mins minimum & stretch	STROKE PYRAMID row & stretch	DAY OFF	INTERVAL ROW 1000 meter pieces & stretch	STEADYSTATE 20 -30 mins & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>4</u>	DISTANCE ROW 5000 - 8000 meters& stretch	15 MIN PYRAMID & stretch	CASTLES 20 mins minimum & stretch	DAY OFF	DISTANCE ROW 8000 -10 000 meters& stretch	STROKE PYRAMID row & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>5</u>	DISTANCE ROW 8000 -10 000 meters& stretch	INTERVAL ROW 1000 meter pieces & stretch	STEADYSTATE 20 -30 mins & stretch	DAY OFF	CASTLES 20 mins minimum & stretch	15 MIN PYRAMID & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>6</u>	DISTANCE ROW 8000 -10 000 meters& stretch	STROKE PYRAMID row & stretch	STEADYSTATE 20 -30 mins & stretch	DAY OFF	15 MIN PYRAMID & stretch	CASTLES 20 mins minimum & stretch	DAY OFF or other exercise – long walk

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