

Name:

Predicted 2k:

Target Splits\*:

UT2:

UT1:

AT:

TR:

AN:

### Training Bands & Your Personal Splits

The results of your power test have been used to predict how long it would take you to row a maximum effort 2,000m. The 10 week programmes below are designed to enable you to achieve that time, or get close to it. Your predicted time is used to give you target splits (above) for each of the 5 training bands (described in detail in the table below). It is important that you stick to the split and stroke rate specified for each session, it is very tempting to work harder if you feel comfortable, but that isn't the point of the programme. If after three weeks you feel that you really are finding it too easy or too hard, contact a selector for some revised target splits.

Ideally all sessions will be completed on an erg, but you can do the sessions other ways i.e. running, spinning, cycling, swimming, etc. Similarly, ideally each week's sessions will be completed in the order laid out in the table, but they can be reordered (within the same week) to fit your schedule and how you are feeling.

Training Bands					
Band	Type of Work	% MHR	Rate (SPM)	What it is good for	How you feel
UT2	Utilisation 2. Light aerobic, low intensity work. Sustainable and fat burning.	55-70	18-20	General CV fitness.	Relaxed. Able to carry on a conversation.
UT1	Utilisation 1. Heavy aerobic work using more oxygen.	70-80	20-24	Higher level of CV fitness.	Working. Feel warmer. Heart rate and respiration up. May sweat.
AT	Anaerobic Threshold. Harder work. On the aerobic limit. Pushing into anaerobic area.	80-85	24-28	High level of CV fitness. Building mental and physical tolerance.	Hard work. Heart rate and respiration up. Carbon dioxide build up. Sweating. Breathing hard.
TR	Oxygen Transportation. Working hard. Unsustainable for long periods.	85-95	28-32	Developing oxygen transport to the muscles under stress. Increasing cardiac output.	Stressed. Panting. Sweating freely.
AN	Anaerobic (without oxygen). Short bursts of maximum effort. Unsustainable. Burning carbohydrate.	95-100	32+	Anaerobic work. Increasing speed. Accustoming the body to work without oxygen.	Very stressful. Gasping. Sweating heavily.

### Training Programmes

Two training programmes have been put together. You need to choose whether you want to train 3 or 4 sessions a week then pick the relevant programme and follow it for the whole 10 week period. In order to reach your predicted 2k time, all these sessions will ideally be done on the ergo, but can also be done in the boat, running, spinning, cycling, swimming, etc. In fact we would encourage cross training, ergs can be pretty boring!! If you are doing a session off the erg, work within the %MHR range specified for that session.

\* Target Splits = time taken to row 500m. The lower the split, the harder the session. UT2 is the easiest training band, AN is the hardest.

## Maximum Heart Rate

The most common calculation to determine your maximum heart rate (MHR) is  $220 - \text{your age}$ .

Once you've calculated your MHR you can work out what your heart rate range should be for each session as a % of your MHR. The example below is for someone aged 30:

$$220 - 30 = 190$$

Training Band	UT2	UT1	AT	TR	AN
%MHR	55-70%	70-80%	80-85%	85-95%	95-100%
Heart Rate Range (beats per minute/bpm)	105-133	133-152	152-162	162-181	181-190

This is a guide only; everyone's heart rate is different so please apply common sense when training. Listen to your body and don't push too hard.

In a similar vein to not pushing the intensity on the erg sessions, if you are doing a session off the erg using your heart rate, don't be tempted to work too hard, or to ease off!

## Calculating your Target Splits and predicted 2k

Complete a test of how fast you can row 500m. Start by warming up (see below), then row 100m flat out at any rate, then gently row for 10 mins. Then row 500m. Record your 500m time here = .....

Multiply your 500m by 4.2 to get your predicted 2k time.

$\times 4.2 = \dots\dots\dots$  (predicted 2k time)

Training Band	UT2	UT1	AT	TR	AN
Target Splits (mins/500m)	= predicted $2k \div 3.47$	= predicted $2k \div 3.58$	= predicted $2k \div 3.8$	= predicted $2k \div 4.08$	= predicted $2k \div 4.12$
Rate (SPM)	18-20	20-24	24-28	28-32	32+

## Training Warm Ups & Cool Downs

The warm up necessary for training sessions will depend on the type of work involved in the session. The lower the intensity the less time required to warm up. This also applies to time taken in the cool down. This should be gentle rowing with heart rate at twice your resting heart rate. Ensure you warm up before and cool down and stretch after each session in the plan.

Warm-up/Cool Down Times for Training Sessions		
Type of Session	Warm-up	Cool Down
UT2	5-8 mins	5-8 mins
UT1	8-10 mins	8-10 mins
AT	10-12 mins	10-12 mins
TR	12-15 mins	12-15 mins
AN	15-20 mins	15-20 mins

## Programme 1

### Three sessions per week

#### What do they mean?!

2x10'UT1 r5' = 2 x 10 minutes at UT1 with 5 minutes rest in between sets. Strokes per minute should be between 18 and 20 for a UT1 session, and your heart rate should be somewhere between 55 and 70% of your maximum.

			1	2	3
Light	WEEK 1	Session	30'UT2	18'UT1	18'UT1
		spm	18-20	20-24	20-24
		% MHR	55-70%	70-80%	70-80%
Medium	WEEK 2	Session	2x10'UT1 r5'	2x12'UT1 r6'	20'UT1
		spm	20-24	20-24	20-24
		% MHR	70-80%	70-80%	70-80%
Hard	WEEK 3	Session	2x13'UT1 r6.5'	2x14'UT1 r7'	2x15'UT1 r7.5
		spm	20-24	20-24	20-24
		% MHR	70-80%	70-80%	70-80%
Light	WEEK 4	Session	40'UT2	2x7'AT r3.5'	8'AT
		spm	18-20	24-28	24-28
		% MHR	55-70%	80-85%	80-85%
Medium	WEEK 5	Session	20'UT1	2x8'AT r4'	10'AT
		spm	20-24	24-28	24-28
		% MHR	70-80%	80-85%	80-85%
Hard	WEEK 6	Session	2x15'UT1 r3.5'	2x7'AT r3.5'	2x8'AT r4'
		spm	20-24	24-28	24-28
		% MHR	70-80%	80-85%	80-85%
Light	WEEK 7	Session	30'UT2	10'AT	10'AT
		spm	18-20	24-28	24-28
		% MHR	55-70%	80-85%	80-85%
Medium	WEEK 8	Session	2x13'UT1 r3'	4x2'TR r2'	2x8'AT r4'
		spm	20-24	28-32	24-28
		% MHR	70-80%	85-95%	80-85%
Hard	WEEK 9	Session	3x8'AT r4'	2x15'UT1 r3.5	30'UT1
		spm	24-28	20-24	20-24
		% MHR	80-85%	70-80%	70-80%
TEST	WEEK 10	Session	2X2'TR r2'	2x8'AT r4'	TEST
		spm	28-32	24-28	FREE RATE
		% MHR	85-95%	80-85%	95-100%

#### Notes:

- Ideally sessions will be done in the order shown, however sessions can be moved around in a week to fit your schedule / how you are feeling.
- % MHR only applies if you are NOT doing the specified session on the erg. Only target split times and spm are relevant for erg sessions. You can monitor your HR on the erg, but its more important to stick to the spm and your split time.

**Programme 2**  
**Four sessions per week**

**What do they mean?!**

2x10'UT1 r5' = 2 x 10 minutes at UT1 with 5 minutes rest in between sets. Strokes per minute should be between 18 and 20 for a UT1 session, and your heart rate should be somewhere between 55 and 70% of your maximum.

			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Light</b>	<b>WEEK 1</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	30'UT2 18-20 55-70%	18'UT1 20-24 70-80%	2x11'UT1 r5.5' 20-24 70-80%	18'UT1 20-24 70-80%
<b>Medium</b>	<b>WEEK 2</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	2x10'UT1 r5' 20-24 70-80%	2x12'UT1 r6' 20-24 70-80%	2x13'UT1 r6.5' 20-24 70-80%	20'UT1 20-24 70-80%
<b>Hard</b>	<b>WEEK 3</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	2x13'UT1 r6.5' 20-24 70-80%	2x14'UT1 r7' 20-24 70-80%	3x10'UT1 r5' 20-24 70-80%	2x15'UT1 r7.5 20-24 70-80%
<b>Light</b>	<b>WEEK 4</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	40'UT2 18-20 55-70%	2x7'AT r3.5' 24-28 80-85%	18'UT1 20-24 70-80%	8'AT 24-28 80-85%
<b>Medium</b>	<b>WEEK 5</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	20'UT1 20-24 70-80%	2x8'AT r4' 24-28 80-85%	2x10'UT1 r2.5' 20-24 70-80%	10'AT 24-28 80-85%
<b>Hard</b>	<b>WEEK 6</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	2x15'UT1 r3.5' 20-24 70-80%	2x7'AT r3.5' 24-28 80-85%	2x14'UT1 r3.5' 20-24 70-80%	2x8'AT r4' 24-28 80-85%
<b>Light</b>	<b>WEEK 7</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	30'UT2 18-20 55-70%	10'AT 24-28 80-85%	18'UT1 20-24 70-80%	10'AT 24-28 80-85%
<b>Medium</b>	<b>WEEK 8</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	2x13'UT1 r3' 20-24 70-80%	4x2'TR r2' 28-32 85-95%	25'UT1 20-24 70-80%	2x8'AT r4' 24-28 80-85%
<b>Hard</b>	<b>WEEK 9</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	3x8'AT r4' 24-28 80-85%	2x15'UT1 r3.5 20-24 70-80%	6x2'TR r2' 28-32 85-95%	30'UT1 20-24 70-80%
<b>TEST</b>	<b>WEEK 10</b>	<b>Session</b> <b>spm</b> <b>% MHR</b>	3'TR 28-32 85-95%	2x1.5'AN r1.5' 32+ 95-100%	3x45s AN r45s 32+ 95-100%	<b>TEST</b> <b>FREE RATE</b> <b>95-100%</b>

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- % MHR only applies if you are NOT doing the specified session on the erg. Only target split times and spm are relevant for erg sessions. You can monitor your HR on the erg, but its more important to stick to the spm and your split time.