

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|----------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------|
| WEEK 1 | Novice | 1) 10 mins jog 2) 10 mins ergo (1 min on, 1 min off) | Rest | 2 x 5 min rowing machine UT2 | Rest | 1) 10 mins jog 2) 20 mins cycle | Rest |
| | Olympic Rower | 1) 16km (3 x 2km UT1 R20-22) 2) 16km UT2 R18-19 3) Weights (lower body) | 1) 18km UT2 R18-19 2) 12km ergo (2 x 6km) 3) Weights (upper body) | 1) 16km UT2 R18-19 2) 30 mins ergo (R20 flat out) 3) 60 mins cycle | 1) 18km (4 x 2km UT1 R20-22) 2) 16km UT2 R18-19 3) Weights (lower body) | 1) 16km UT2 R18-19 2) 18km ergo R18 (3 x 6km) 3) Weights (upper body) | 1) 18km 3 x 2km, 1 x 1km R24-28 2) 12km UT2 R18-19 |
| WEEK 2 | Novice | 1) 15 mins jog 2) 10 mins ergo (1 min on, 1 min off) | Rest | 10 mins rowing machine R18 | Rest | 1) 20 mins swim 2) 20 mins cycle | Rest |
| | Olympic Rower | 1) 18km UT2 R18-19 2) 18km ergo R18 (3 x 6km) 3) Weights (lower body) | 1) 18km UT2 / UT1 2 x 20 mins R22 2) 18km UT2 R18-19 3) Weights (upper body) | 1) 18km UT2 R18-19 2) 16km UT2 / AT 4 x 1.5km R26-30 3) 60 mins cycle | 1) 20km (4 x 2km UT1 R20-22) 2) 16km UT2 rate 18-19 3) Weights (lower body) | 1) 18km UT2 R18-19 2) 18km ergo R18 (3x6km) 3) Weights (upper body) | 1) 18km 3 x 2km, 2 x 1km R26-30 2) 12 UT2 R18-19 |
| WEEK 3 | Novice | 1) 20 mins jog 2) Light weights (lower body) | Rest | 15 min rowing machine R18 | Rest | 1) 20 mins jog 2) 5 x 500m rowing splits UT2 R18 | Rest |
| | Olympic Rower | 1) 18km UT2 R18-19 2) 18km ergo R18 (3 x 6km) 3) Weights (lower body) | 1) 20km UT2 / UT1 2 x 20 mins R22 2) 16km UT2 rate 18-19 3) Weights (upper body) | 1) 20km UT2 R18-19 2) 10 x 500m ergo 3) 60 mins cycle | 1) 18km UT2 R18-19 2) 16km UT1 3 x 2km R22 3) Weights (lower body) | 1) 20km UT2 R18-19 2) 18km ergo R18 (3 x 6km) 3) Core stability | 1) 18km 4 x 2km R26-32 2) 16km UT2 R18-19 |
| WEEK 4 | Novice | 1) 25 mins jog 2) 8km UT2 R18 | Rest | 1) 20 mins rowing machine 2) 20 mins cycle | Rest | 1) 30 mins swim 2) 5km ergo R18 (5 x 1km) | Rest |
| | Olympic Rower | 1) 16km UT2 R18-19 2) VO2 Max ergo test (6x4 mins) 3) 30-45 mins cycle | 1) 16km UT2 rate 18-19 2) 18km ergo rate 18 (3 x 6km) 3) Weights (full body) | 1) 16km UT2 R18-19 2) 16km UT1 4 x 1km R30-32 3) 45 mins cycle | 1) 16km UT2 R18-19 2) 12km 10 x 100m starts 3) Core stability | 1) 18km UT2 R18-19 2) 18km ergo R18 (3 x 6km) | 1) 18km 2km, 1.5km, 1km, 500m R28-36 2) 12km UT2 R18-19 |

R = strokes per minute

UT1 = 75-80% of maximum heart rate

UT2 = 65-75% of maximum heart rate

(UT2 may be described as exercising while being able to hold conversation)



Catch

- Arms straight; head neutral; shoulders level
- Upper body leaning forward from the hips
- Shins as close to vertical as is comfortable
- Shins should not go beyond perpendicular
- Heels may lift as needed



Drive

- Press with your legs
- Swing your back through the vertical
- Finally add the arm pull
- Hands move straight to and from flywheel
- Shoulders low and relaxed



Finish

- Upper body leaning back slightly
- Good support from the core muscles
- Legs are extended
- Handle held lightly below your ribs
- Shoulders low with wrists and grip relaxed



Recovery

- Extend your arms until straight
- Lean from the hips towards the flywheel
- Hands clear your knees
- Knees bend and gradually slide forward
- Return to the catch position