# The Perfect Rowing Programme

|------|--------|---------------|--------|---------------|--------|---------------|--------|---------------|--------|---------------|--------|---------------|--------|---------------|--------|---------------|
| 1    | 1) 10 mins jog  
2) 10 mins ergo  
(1 min on, 1 min off) | 1) 16km  
(3 x 2km UT1 R20-22)  
2) 16km UT2 R18-19  
3) Weights (lower body) | 1) 10 mins jog  
2) 20 mins cycle | 1) 20 mins swim  
2) 20 mins cycle | 1) 15 mins jog  
2) 10 mins ergo  
(1 min on, 1 min off) | 1) 18km UT2 R18-19  
2) 18km ergo R18 (3 x 6km)  
3) Weights (upper body) | 1) 10 mins jog  
2) 20 mins cycle | 1) 20 mins swim  
2) 20 mins cycle | 1) 10 mins jog  
2) 20 mins cycle | 1) 15 mins jog  
2) 10 mins ergo  
(1 min on, 1 min off) | 1) 18km UT2 R18-19  
2) 18km ergo R18 (3 x 6km)  
3) Weights (upper body) | 1) 10 mins jog  
2) 20 mins cycle | 1) 20 mins swim  
2) 20 mins cycle | 1) 10 mins jog  
2) 20 mins cycle | 1) 15 mins jog  
2) 10 mins ergo  
(1 min on, 1 min off) |
| 2    | 1) 10 mins jog  
2) 20 mins cycle | 1) 20 km UT2 R18-19  
2) 18km UT2 R18-19  
3) Weights (upper body) | Rest | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 |
| 3    | 1) 25 mins jog  
2) 8km UT2 R18 | Rest | 1) 20 mins rowing machine  
2) 20 mins cycle | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins rowing machine  
2) 20 mins cycle | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 |
| 4    | 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 UT2 rate 18  
(3 x 6km)  
3) Weights (full body) | Rest | 1) 20 mins swim  
2) 20 mins cycle | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins rowing machine  
2) 20 mins cycle | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 | Rest | 1) 20 mins jog  
2) 5 x 500m rowing splits  
UT2 R18 |

**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

SAS UK and British Rowing take no responsibility for illness or injury caused as a consequence of following the 'Perfect Rowing Programme'. If you have any doubts you should seek medical advice prior to rowing.
The Perfect Rowing Programme

 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

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