



Trainings schedule 10 weeks Amsterdam World Ergohead 2019

Information about schedule:

There are 3 type of training. The best way to improve your performance is to do 2 (if possible 3) training moments a week. Stroke rate is mentioned at each session. The drag-factor is best 120-125 for the feeling of a boat. In these sessions diversify with the types that are mentioned below.

Training – endurance:

Short: Intensive training with short distances and really.

Medium: Training with medium/ long distance and specific training for short distances to improve your recovery.

Long: Training with long distances to improve your endurance. Schedule starts on saturday, but of course you can start any time in the week

Week 1: Saturday 10/11-Friday 16/11

SHORT

3 x 3 min / 2 min easy

Row three 3 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 26

MEDIUM

10 x 2 min / 1 min easy

Pre-set the monitor for a work time of 2:00 and a rest time of 1:00.

Alternate two minutes of fairly intense rowing with one minute of relaxed rowing, for a total of 30 minutes. Stroke rate 2 min pieces: 26-28

LONG

4 x 12 min / 3 min easy

Row four 12 minute pieces. Row for three minutes at light pressure between each piece. Stroke rate: 22-24



Week 2: Saturday 17/11-Friday 23/11

SHORT

20 x 30 sec / 30 sec easy

Row twenty 30 second all-out bursts with 30 seconds of light rowing in between. If you have a lot of rowing experience, you may want to row these pieces at a slightly higher damper setting to add more of a strength-building component to the workout. Stroke rate: 30+

MEDIUM

6 x 1000m / 3 min easy

Row six 1000 meter pieces. Row for three minutes at light pressure between each 1000. Stroke rate: 24-26

LONG

2 x 30 min / 6 min easy

Row two 30 minute pieces. Row for six minutes at light pressure between each piece. Stroke rate: 20-22

Week 3: Saturday 24/11-Friday 30/11

SHORT

8 x 2 min @ 28 spm / 1 min easy

Row eight 2 minute pieces at a stroke rate of 28. Row for one minute at light pressure between each piece. Stroke rate: 26-28 (2 min pieces)

MEDIUM

4 x 6 min / 2 min easy

Row four 6 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 24-26

LONG

3 x 4000m / 5 min easy

Row three 4000 meter pieces. Row for five minutes at light pressure between each piece. Stroke rate: 20-24



Week 4: Saturday 1/12 -Friday 7/12

SHORT

2 x 2000m @ 26 spm plus bursts / 4 min easy

Row two 2000 meter pieces @ 26 spm with 10 strokes hard every 500m.

Row for four minutes at light pressure during the rest period.

MEDIUM

6000 meter time trial

Row a 6000 meter time trial, going for your personal best. After you've rowed, enter your time in the Online Ranking and see where you stand with others of your age, gender and weight class. Stroke rate: Race rate

LONG

2 x 6000m rate increase 24-28 / 4 min easy

Row two 6000 meter pieces. In each piece the first 3000m @ 24 spm. Then 2000m @ 26 spm and 1000m @ 28. Row for four minutes at light pressure during the rest period.

Week 5: Saturday 8/12-Friday 14/12

SHORT

8 x 500m / 1 min easy

Row eight 500 meter pieces. Row for one minute at light pressure between each 500. Stroke rate: 26-30 (depends on your endurance)

MEDIUM

3 x 1500m / 3 min easy

Row three 1500 meter pieces. Row for three minutes at light pressure between each 1500. Stroke rate: 24-26/28 (depends on your endurance)

LONG

5 x 10 min / 2 min easy

Row five 10 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 24-28 (depends on your endurance)



Week 6: Saturday 15/12-Friday 21/12

SHORT

4 x 750m / 2 min easy

Row four 750 meter pieces. Row for two minutes at light pressure between each 750. Stroke rate: 24-28

MEDIUM

3 x 8 min / 2 min easy

Row three 8 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 24-26

LONG

3 x 20 min / 2 min easy

Row three 20 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 20-22

Week 7: Saturday 22/12-Friday 28/12

SHORT

5 x 4 min / 1 min easy

Row five 4 minute pieces. Row for one minute at light pressure between each piece. Stroke rate: 24-28

MEDIUM

2 x 2000m / 1 min easy

Row four 2000 meter pieces. Row for one minute at light pressure between each 2000. Stroke rate: 24-26

LONG

3 x 2000m rate increase 22-28 / 2 min easy

Row five 2000 meter pieces. In each piece, row the first 1000m @ 22 spm. Then 500m @ 24 spm, 250m @ 26 and 250m @ 28. Row for two minutes at light pressure during the rest period. Stroke rate: 24-26



Week 8: Saturday 29/12 – Friday 4/01

SHORT

3 x 5 min / 2 min easy

Row three 5 minute pieces. Row for two minutes at light pressure between each piece. Stroke rate: 24-28 (depends on your endurance)

MEDIUM

4 x 1500m / 2 min easy

Row four 1500 meter pieces. Row for two minutes at light pressure between each 1500. Stroke rate: 24-28 (depends on your endurance)

LONG

60 minutes with rate changes every 5 minutes: 22-26-22-26

Row a 60 minute piece at a sustainable intensity, varying your stroke rate as follows: row five minutes @ 22 spm, five minutes @ 26 spm, five minutes @ 22 spm and so on.

Week 9: Saturday 5/01 – Friday 11/01

SHORT

20 minutes with bursts

Row a single 20 minute piece at a consistent pace. Every four minutes, row ten strokes hard and then return to your previous pace. Stroke rate: 24-26

MEDIUM

2 x 4000m rate increase / 4 min easy

Row two 4000 meter pieces. In each piece the first 2000m @ 22 spm. Then 1000m @ 24 spm, 500m @ 26 and 500m @ 28. Row for four minutes at light pressure during the rest period. Stroke rate: 22-26

LONG

3 x 15 min with rate increase / 3 min easy

Row three 15 minute pieces. Row the first five minutes of each @ 20 spm. Then four minutes @ 22 spm, three @ 24, two @ 26 and one @ 28. Row for three minutes at light pressure during the rest period.



**Week 10: Saturday 12/12 – Friday 19/01;
SHORT**

15 minutes with rate increase

Row a single 15 minute piece. The first five minutes @ 20 spm. Then four minutes @ 22 spm, three @ 24, two @ 26 and one @ 28.

MEDIUM

3 x 6 min / 4 min easy

Row three 6 minute pieces. Row for four minutes at light pressure between each piece. Stroke rate: 24-28 (depends on your endurance)

LONG

2 x 20 min / 5 min easy

Row two 20 minute pieces. Row for five minutes at light pressure between each piece. Stroke rate: 22-24

Ready?

GO!: Amsterdam World Ergohead: Sunday 20th of January 2019

We wish you good luck with your training exercises and hope to see you at Amsterdam World Ergohead at Friendship Sports Centre on 20th of January 2019.

Source: Concept 2 (2018)

<https://www.concept2.nl/en/indoor-rowers/training/wod>

