The following training program is applicable to a large part of our rowing community. It's designed for masters and recreational rowers, boat owners unaffiliated with any club, and rowers of different ages and different backgrounds who'd like to get involved in some land programs but don't know where to start.

The program itself is very simple and easy to arrange. There's no need for special equipment or facilities. I believe very strongly that improving general fitness levels, and increasing mobility, flexibility and agility will allow you to make progress in technical skills, and will improve your coordination and your feeling for the boat as well as your control.

By improving your muscular system, your strength and your endurance, you'll not only generate more speed in the boat, but feel much better about yourself.

Plus, when you improve your cardiovascular system, you'll go faster, race better and without too much pain. You'll definitely enjoy rowing more.

**Body Circuits**

I would suggest doing body circuits 2-3 times per week in order to prepare your muscles and joints for more intense efforts later. This is especially important for individuals who have just started rowing or are beginning their first real sport activity.

Remember to stretch before general fitness circuits. This is especially important for master rowers. With age there is a tendency to lose the ability to perform a full range of motions. Elasticity and flexibility of joints and muscles is lessened and motions can become short, jerky, stiff and rigid. That causes a lack of fluidity of the rowing stroke and also affects the feeling of the boat.

If it's performed at a certain speed (intensity), without too many intervals, the general fitness circuit can be an excellent cardiovascular workout. The goal is to create a stronger heart, improve general health and positively affect performance in the boat.

If you're having trouble motivating yourself for the workouts, organize a group and think of it just like a rowing workout. You can use a gym, a big living room, a basement, or even the outside.

Even though in some climates it's possible to row year round, in my opinion most rowers should limit going on the water for 2-3 months and reinforce

![Diagram of a training circuit](image)

**Circuit A—General Fitness**

20-40 Repetitions

4-6 sets

Try it without rest, working continuously

Twice a week for the first 4 weeks, later as part of the warm-up.
themselves by introducing some other type of workout. During the first few weeks on winter preparation, be careful. Don't push the limits; don't compete with anyone; don't get injured.

**Endurance Workouts**

Another type of workout, and one probably most important for competitive rowers is the endurance or aerobic workout. Concentrate on two types: long distance and pieces of different lengths. Both types can be done using different means—rowing, ergometer, running, biking, swimming, cross-country skiing, and even some general fitness circuits. In order to achieve any training effects, you need to do a minimum of four sessions per week. Anything below that will not be enough to maintain progress.

1. **Long Distance (LSD—Long Slow Distance)**

30-60 minutes
Heart rate approximately 140-160 beats/minute (or 20-40 beats/minute below maximum heart rate—220 minus your age).

If you're rowing, it's very important to concentrate on rowing correctly. Otherwise, it's very easy to develop incorrect habits during long distance workouts.

Example: 60 minutes continuous rowing at 20-22 strokes per minute (SPM).
Alternate drills (side grip, square blades) 3 repetitions of 20 minutes at 24-26 SPM.

2. **Pieces of Different Lengths**

1-10 minutes,
80-90% pressure;
Heart rate 160-180 (adjust for age).

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**Example of Weekly Workout Schedule**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 times per week for 4-6 weeks</td>
<td>Off</td>
<td>Off</td>
<td>Body Circuit A</td>
<td>Endurance B</td>
<td>Off</td>
<td>Body Circuit A</td>
</tr>
<tr>
<td>5 times per week for 6-12 weeks</td>
<td>Off</td>
<td>Body Circuit A Endurance A</td>
<td>Body Circuit B</td>
<td>Body Circuit A</td>
<td>Endurance B</td>
<td>Off</td>
</tr>
<tr>
<td>Spring</td>
<td>Off</td>
<td>Body Circuit A Endurance A</td>
<td>Body Circuit A</td>
<td>Endurance B</td>
<td>Off</td>
<td>Body Circuit A</td>
</tr>
</tbody>
</table>

Example: 3 sets of 6 minutes at 1 minute on/1 minute off at 26-28 SPM;
5 sets of 5 minutes at 26-28 SPM/Rest 5-6 minutes
4 sets of 10 minutes (2 minutes at 20 SPM; 2 at 22; 2 at 24; 2 at 26; 2 at 28/
Rest 5-6 minutes. ———