



## **6 WEEK INTERMEDIATE PROGRAM EXAMPLE**

This is a general aerobic fitness program for WaterRower users who have been rowing regularly for the last 6-8 weeks.

The days selected for rowing in the weekly outline below may not be appropriate for you, if you need assistance with changing the weekly outline then please contact [advice@watercoach.com](mailto:advice@watercoach.com).

Please use this program for 6-8 weeks, after which you can contact [advice@watercoach.com](mailto:advice@watercoach.com) for additional rowing session ideas.

### **Rowing Sessions included into the Weekly Routine**

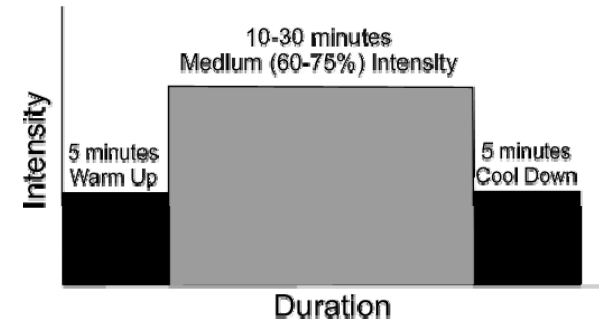
#### **STEADY STATE ROW SESSION**

This is continuous rowing with a consistent stroke rate and intensity over a set period of time. The duration of the workout can vary between 15-30 minutes.

Stroke rates are usually between 18-24spm.

Intensity 60-70% of your maximum heart rate.

Speed (shown on your monitor in m/s, mph, /500m, watts, cal/hr) – this number dependant on your fitness & rowing technique, the most important thing when rowing steady state is to hold your stroke rate & speed consistent.

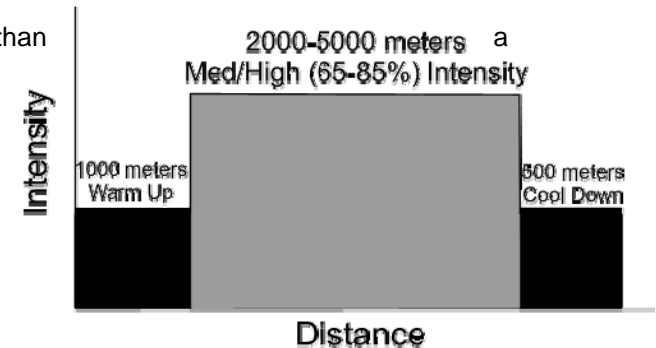


#### **DISTANCE ROW SESSION**

This is steady state rowing for a certain distance, usually it is a little higher in stroke rate & intensity than timed steady state piece. Set your monitor to a distance workout so you can count down a set distance for your session. Set a distance of 4000 meters up to 6000 meters (2.5 mile up to 3.5 miles). Time range is anywhere between 20 minutes up to 35 minutes.

Stroke rates are usually around 22-24 strokes per minute (spm).

Intensity 65-70% of your maximum heart rate.



### **WaterRower**

European HQ: 25 Acton Park Estate, The Vale London, W3 7QE, UK, Tel: +44 (0)20 8749 8400, [www.waterrower.co.uk](http://www.waterrower.co.uk)

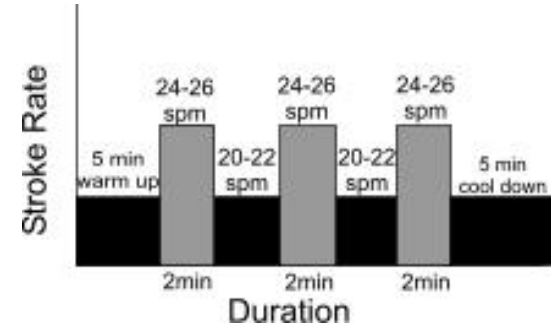
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### CASTLES ROW SESSION

This session breaks up a long steady state row into sets of different stroke ratings. After a warm up of 5-10 minutes, increase your stroke rate by 2spm for 1 up to 2 minutes, then slow down your stroke rate for 1 or 2 minutes and repeat until your sessions is up. That is until 10 minutes up to 20 minutes is complete. Then cool down for 3 up to 5 minutes. The changes in stroke rate and intensity are small (this is not an interval session). *Do not think of it being harder work, just a little looser and quicker.*

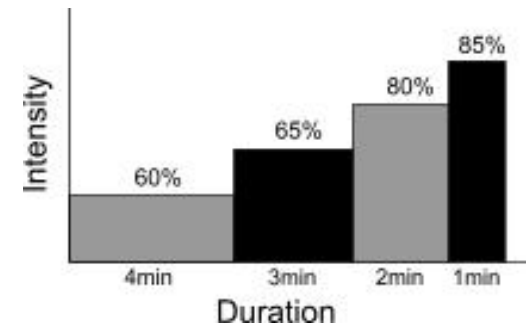
Stroke rates can vary between 18-26spm.  
Intensity should be between 60-75% of your maximum heart rate.



### 10 MINUTE PYRAMID ROW SESSION

After 5-10 minutes warm up row, set your monitor to a timed workout of 10 minutes. Row in steps of 4 minutes -3 minutes -2 minutes -1 minute increasing the intensity and rating by 1-2 spm (strokes per minute) at every change.

The ratings given below are a guideline.  
 4 minutes rating 20-24 spm @ 60%,  
 3 minutes rating about 22-26 spm @ 65%  
 2 minutes rating 24-28 spm @ 70%  
 1 minutes rating 26-30 spm @ 75%



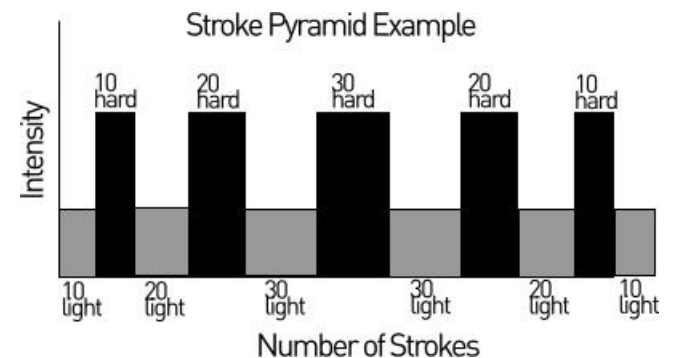
Do not go higher than 80% intensity for the first few times you do this session, after which you can increase the last minute to 85% intensity.

You can repeat the pyramid after 2-5 minutes of rest or light rowing to make it 20 minutes of intense work or continue with cooling down after the first 10 minutes.

### STROKE PYRAMID ROW SESSION

After 5-10 minutes warm up row, begin the stroke pyramid.  
 10 strokes hard (high rating and at 85-90% effort) 10 strokes light (very light rowing),  
 20 strokes hard – 20 strokes light  
 30 strokes hard – 30 strokes light  
 40 strokes hard – 30 strokes light  
 30 strokes hard – 20 strokes light  
 20 strokes hard – 10 strokes light  
 10 strokes hard – cool down for 3-5 minutes of light rowing

Note that you do not take more than 30 strokes light.  
 After 4 weeks of doing this session regularly you can increase the strokes to 50 strokes hard but keep the 30 strokes light.



### **WaterRower**



## 6 WEEKLY TRAINING OUTLINE FOR INTERMEDIATE ROWERS

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>WEEK</u> <u>1</u>	DISTANCE ROW 4000-5000 meters& stretch	DAY OFF or STEADYSTATE row 15-25 mins or other exercise	10 MIN PYRAMID & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>2</u>	DISTANCE ROW 4000-5000 meters& stretch	DAY OFF or STEADYSTATE row 15-25 mins or other exercise	DISTANCE ROW 2000-3000 meters & stretch	CASTLES 8-12 mins & stretch	DAY OFF	10 MIN PYRAMID & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>3</u>	DISTANCE ROW 4000-5000 meters& stretch	DAY OFF or other exercise – long walk	STROKE PYRAMID row & stretch	CASTLES 12-16 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>4</u>	DISTANCE ROW 4000-5000 meters& stretch	DAY OFF or STEADYSTATE row 15-25 mins or other exercise	10 MIN PYRAMID & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STROKE PYRAMID row & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>5</u>	DISTANCE ROW 4000-5000 meters& stretch	DAY OFF or STEADYSTATE row 15-25 mins or other exercise	DISTANCE ROW 2000-3000 meters & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-25 mins & stretch	DAY OFF or other exercise – long walk
<u>WEEK</u> <u>6</u>	DISTANCE ROW 5000-6000 meters& stretch	DAY OFF or other exercise – long walk	2x 10 MIN PYRAMID & stretch	CASTLES 12-16 mins & stretch	DAY OFF	STROKE PYRAMID row (up to 50 strokes) & stretch	DAY OFF or other exercise – long walk

**Please remember everyone is different so please use these suggestions and the weekly outline as a guideline.**

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