**Holiday Training – New College Men, Easter Holidays 2013**

Firstly well done to everyone at Torpids!

M1 – A really solid first day, keeping pace with Worcester who ended up with blades, getting several places into Div 1. Day 2 is what cost us, a sloppy build up to the race led to a bump by Lincoln. Day 3 saw a massive improvement and a fantastic effort for everyone, and we were desperately unlucky that Lincoln managed to get LMH before we bumped them, and in the ensuing chase of LMH, Teddy Hall managed to sneak up behind and get the bump. Day 4 was another solid row over, with perhaps the crew suffering after the efforts of Day 3. What is clear to me is that we have good pace and are showing great potential, and with a relatively inexperienced crew, consistency will come when we start getting more time on the water. I think on balance you deserved to be 1 place up rather than 2 places down, it was not being quite switched on on Day 2 that cost us. But remember that we always said Summer Eights was the target, Torpids would be what it would be, and we will learn from everything that happened. Considering we did our first racing starts/race pace bursts 5 days before Torpids (first EVER for Pete and Benni!), overall you guys did brilliantly!

M2 – Did fantastically to hold their own and maintain position amongst 1st crews and 2nd crews from the top 5 colleges! I am really encouraged by the depth we have, and this bodes well for Summer Eights and next season. This crew showed great heart and enthusiasm, well done!

M3 – I feel gutted for the guys who put in hard yards at training and missed out on rowing at Torpids – guys it is a real priority now for us to get you up and running next term so that you can be out there competing at Summer Eights! Keep up the good work, and keep pushing for places in M2 or even M1!

Remember that selection starts again on the first day of next term, everyone will get a fair shot – I will obviously be looking at erg scores, and we should have much more water time so I’ll get to assess people more technically.

It is a common issue with College crews that people get fit during term time, and then lose all their hard work during the holidays, having to pretty much start again the following term! Guys it is much harder to gain fitness than lose it! If you can keep yourself going over the holidays, it will make a MASSIVE difference, both to your chances of being in the crew you are aiming for, but more importantly, to our results as a squad at Summer Eights. Let’s keep working through the holidays, not just for ourselves but also for each other – we can really gain an advantage if we are more committed to maintaining/improving our fitness before next term. So below is a ‘menu’ style program – let me know if you have any questions!

These are guidelines. I accept that people have access to different facilities – very limited for some! If you have some other sporting activities going on – great! The key is regularity – keeping your cardiovascular fitness at the very least at the same level, and starting to develop your anaerobic fitness and lactate tolerance.

I haven’t included strength training, as we don’t usually have access to weights. If you do know what you’re doing in terms of lifting weights, any strength training you do will be beneficial – particularly lower body and core. If anyone would like an individual strength program, I am happy to discuss this with them.

Ensure that you stretch properly for 10mins after each session, and if you have access to ergos, do the slide build (from both ends of stroke) warm up before starting as we have done through this term.

I would recommend that you do 20mins of core stability/core strength work every day (1 day off per week). If anyone wants a core program, I am happy to discuss putting one together on an individual basis.

5 sessions per week is really a minimum if we’re serious about competing strongly at summer eights. 5 x 60-90 mins per week should be possible for most people. If you want to do more than that (eg if you want to move up a crew) then by all means go for it! Just ensure that you leave enough recovery time between Group 2 sessions. Obviously if you’re away skiing etc I understand that you won’t be able to train then – but that’s good exercise anyway!

Group 1: x 3 per week (pick ones that suit your situation best)

* 50-60min steady state run
* 50-60min steady state swim
* 70-90min steady state bike
* 45min run
* 8min steady (warm up)
* (5mins @ 80-90%/3mins light) x 4
* 5min cool down
* Swim
* 10 lengths steady (warm up)
* 4 lengths @ 80-90%, 2 lengths light
* Repeat x 10
* 5 lengths cool down
* Bike
* 10min steady warm up
* (7min @ 80-90%/3min light) x 5
* 5min cool down
* Ergo
* Normal slide build warm up (10min)
* 4 x 12min (5’@18/4’@20/3’@22), 3min recovery between each
* Ensure your split drops as rate increases (70% - 80% - 90%)
* Looking for consistency through the pieces (technique and splits)
* 3-5min cool down
* Ergo
* 30min Rate 20 (max effort)
* Ergo
* Normal slide build warm up (10min)
* 4 x 2k @ Rate 22-24, 5min recovery between each – firm pressure, but looking for consistency through the pieces

Group 2: x 2 per week (min of 48hrs between them)

* Run
* 10min steady warm up
* (2min hard (90-100%), 2min light jog/walk) x 8
* 5min cool down
* Swim
* 10 lengths steady warm up
* (2 lengths hard/1min rest) x 12
* 5 lengths cool down
* Bike
* 10min steady warm up
* Pyramid – 1min hard/1min light…..2mins hard/2mins light….etc, up to 5mins, back down. ‘Hard’ should be max effort for that amount of time, ‘light’ means very light pressure but keep moving – active recovery. Will take 50mins total.
* 5mins cool down (erg/walk/jog).
* Ergo
* Normal slide build warm up (10min), plus a few 10 stroke bursts at full pressure (rate 26-30)
* 6 x 500m (2 @ r26, 2 @ r28, 2 @ r30) – max pressure
* 90sec recovery between each
* Ergo
* Normal slide build warm up (10min), plus a few 10 stroke bursts at full pressure (rate 26-30)
* 3 x 1500m (500@26/500@28/500@30) – max pressure
* 3mins recovery between each
* Ergo
* Normal slide build warm up (10min), plus a few 10 stroke bursts at full pressure (rate 20-24)
* (30secs on/20secs off, FULL pressure – power strokes at rate 20-24) x 10
* 3mins recovery
* Repeat x 2

Any questions – let me know!

We will have ergo tests on the first week back. These will be in the form of 2 x 1k (free rate), with a 4min recovery between each – same as this term. I will be looking at the combined scores of the 2 x 1k. So I suggest that you have a crack at that towards the end of the holiday so you have an idea what to aim for.

Have a great Easter everyone, I’m really looking forward to the summer already!

Ben