

MON	TUE	WED	THU	FRI	SAT	SUN
Steady state work, run, bike or swim - 40 min - finish with core exercises and stretch	10 min warm up run then home exercises, finish with core exercises and stretch	Core Exercises and stretch	Steady state work, run, bike or swim - 30 min finish with core exercises and stretch	10 min warm up run then home 50 min finish with core exercises and stretch	Steady state work, run, bike or swim	Rest day

## Erg Work outs

1	2	3	4	5	6
Race Cars	Weights on the Erg	Endurance	Long Intervals	Repetitions	Intervals
Current 2Km PB + 60sec = starting split Set erg for 20 min Start @ 20spm and hold start split for 10min - then lift rate to 21spm, drop split by 2 secs for 2 min Every 2 min lift rate by 1, drop split by 2 secs until last 2 min rating 25, split 10 secs lower than start. Rest 8 min and repeat - warm down and stretch	Complete a good warm up. Then set: - Drag to maximum Work time to 1 min Rest time to 1 min Then 1 min, max pressure at 15 spm paddle light for rest X 10 initially then build to 12 and then 14 reps Complete good warm down - and stretch	Either: 10 km, 40 min, 50 min, 60 min at a set rate. Or 10 - km decreasing split by 2 secs every 22.5 km Or 5 to 8 times doing 3 min at 20, 2 min at 22, 1 min at 24 (no pause between pieces)	3 to 6 times 4 to 6 min pieces with splits 3 to 5 secs slower than race (2000 metre) pace 3 to 5 min rest between pieces	Moderate Intensity: 10 to 15 times 1 min on 1 min off at race pace Or 10 to 15 times 1.40 on - 20sec rest at work 4 to 6 sec slower than race pace	High Intensity: eg 2 to 3 sets of 3 x 500 at 3 to 6 secs faster than race pace 3 min rest between 500's, 6 to 8 min between sets

## Cross Training Work outs

1	2	3	4	5
Biking	Running	Fitness Run	Intervals bike/run	Home Exercises
Biking is relatively easy on your body, unless you crash. Your Heart Rate will likely stay lower than when you erg or run, so add some type of interval such as four minutes hard, four minutes easy, or one minute on, one minute off. Any bike ride will have to be quite a bit longer than a run to get the same benefit, generally 1+ hours.	Probably the easiest endurance exercise to fit into your training. However, it can lead to injury, so unless you run a lot, limit running to 2 to 3 times a week. Look for runs of 30+ minutes	This involves combining running with callisthenics and is a good way to work on cardiovascular and muscular endurance. Warm up by running for 10 minutes at an hard for either, 1, 2, easy pace. Once warm continue to run, but every 2 minutes stop and perform a different exercise. Hit the major muscle groups, legs, for so many back, abs, arms, with different exercises, such as push-ups, squat-jumps, crunches, lunges, pull-ups, burpees, step-ups, dips. 5 exercises, alternating legs and upper body, are generally enough, warm up, 20 minutes performing 10 to 20 reps of each. of intervals, 10 Then run at a comfortable pace	Instead of running or cycling at a steady pace, warm' up for 5 to 10 minutes then go up by running for 10 minutes at an hard for either , 1, 2, 3, or 4 minutes hard followed by the same period light. Alternately go hard Hit the major muscle groups, legs, for so many power/lamp poles, light for the same number. A session should consist of 10 minute upper body, are generally enough, warm up, 20 minutes performing 10 to 20 reps of each. of intervals, 10 minute warm down...	See Home Exercises attachment

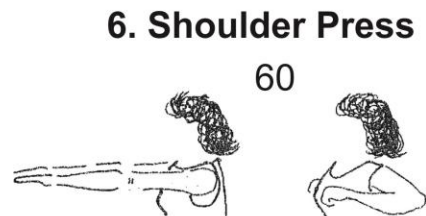
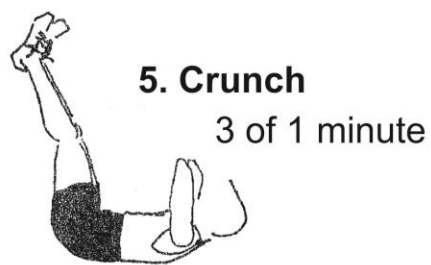
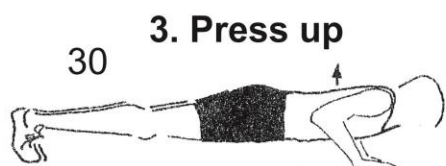
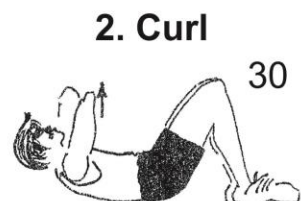
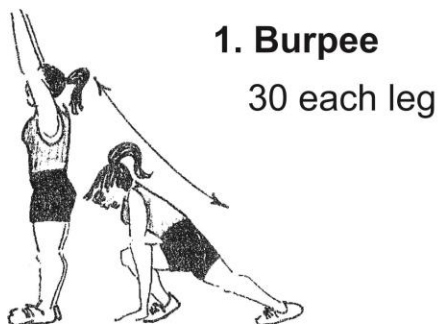
## HOME EXERCISES DESCRIPTIONS

**The routine should be attempted with vigour and performed without pause between exercises.**

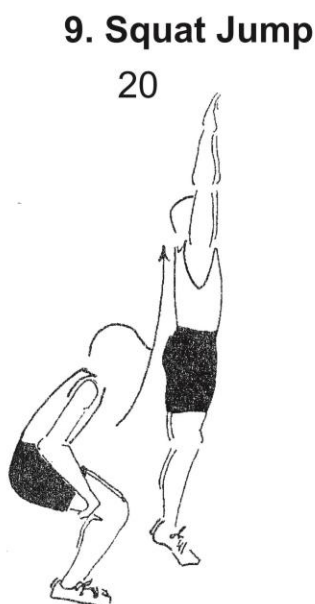
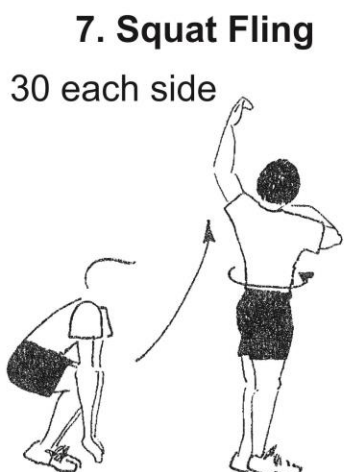
The exercises are:

- a) "Chorus" - Stationary run with a high knee lift. Repeat 40 times. Count each time the left leg touches the ground.
- b) 20 squat jumps.
- c) Burpee - squat with hands on floor, thrust alternate legs back, return to the squat and stand. Repeat 30 times.
- d) Chorus, as above in (a)
- e) Curl - Lie on back with heels drawn in towards the buttocks. Raise elbows vertically as shown in diagram. Repeat 30 times
- f) Chorus, as above in (a)
- g) Press up - bend arm until upper arm is horizontal, then straighten till elbows lock. Repeat 30 times.
- h) Chorus, as above in (a)
- i) Bridge - Lie on back with arms at side. Raise one leg and bring other heel in towards buttocks. Lift trunk off ground. Repeat 30 times for each leg.
- j) Chorus, as above in (a)
- k) Crunch - Lie on back. Raise both legs vertically and raise elbows vertically. Hold for 1 minute and repeat 3 times.
- l) Chorus, as above in (a).
- m) Shoulder press - stand, with arms held horizontally out in front. Draw arms back as in rowing stroke. Repeat 60 times.
- n) Chorus, as above in (a).
- o) Squat-fling - stand back to wall, heels half a metre from wall. Squat on heels with hands touching the floor, then stand and arch back to touch wall with hands high overhead on left side (next time on right). Repeat 30 times to each side.
- p) P. Chorus, as above in (a).

The number of repetitions give a starting value. It is important to do each movement correctly so in the early stages the number of repetitions may need to be reduced. Study the attached diagram illustrating the exercises.



## Home Exercises



## **Leg Lifts & Raises**

**Starting Position:** Lie on your back, with your hands at your side or just under your buttocks.

**Form:** Keeping your knees slightly bent, lift your legs straight in the air. Keep your back flat against the floor throughout the movement, especially as you lower your legs. Keep tension on your abs by not lowering all the way to the floor.

**Personal Trainer Tips:** The lower you extend your legs the more challenging this exercise is for the ab muscles and lower back.

Use your ab muscles to keep your back from arching or simply do not lower your legs as close to the ground.



**Leg Lifts & Raises** are a great ab exercise, but they are challenging on the lower back. If you feel pain or discomfort in your lower back, check your form, go back to the basics, and master the basics.

## **Superman: Upper Body and Lower Body**

This exercise is more challenging than the previous exercise.

**Starting Position:** Begin by lying face down on the floor with your hands over your head.

**Form:** Inhale and lift your chest and arms off the floor, and at the same time lift your legs off the floor.

**Personal Training Tips:** Move in a slow and controlled manner. This prevents you from using momentum, and puts the most emphasis on your muscles.

Only go as far as you feel comfortable.

Hold for 1 second at the top of the exercise before lowering back to the floor.

Perform 10-20 repetitions per set, and stretch your lower back in between sets if you feel tightness in your muscles.



## **Russian Twist with a Weighted Plate**

**Starting Position:** Begin by sitting with your knees bent and your feet on the floor. Slightly recline your upper body so that there is tension in your stomach muscles. Hold a weighted plate in front of your body.

**Form:** Slowly twist your body to one side and aim to touch the floor with the weight. Pause briefly when you reach the floor and then twist your body to the other side.

**Personal Trainer Tips:** This is an advanced stomach exercise because of the additional resistance. You should begin by mastering the Russian Twist with no added weight.

Move in a controlled manner. Repeat 8-18 twists on each side.



## **Double Knees to the Side**

**Starting Position:** Begin by lying on your back with your knees bent and your hips at 90 degrees. Place your arms out to the side to stabilize your upper body.

**Form:** Exhale and slowly lower both of your knees towards the floor. Move only as far as you feel comfortable. Hold briefly at the bottom and then rotate to the other side.

**Personal Trainer Tips:** Move in a controlled manner. Perform 8-15 repetitions on each side.

If you are stiff, your range of motion may be limited. Move as far as you can control without lifting your upper body off the floor. Use your arms for support.



## **Bicycle Crunches**

**Starting Position:** Lie on your back with your hips bent about 90 degrees and your hands behind your head.

**Form:** As you curl your body forward, like in a crunch, bring your right knee towards your left elbow and extend your left leg out 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.

**Personal Trainer Tips:** Keeping your shoulders lifted off the floor keeps more tension on the abs and works them harder.

The tempo and repetitions can vary for this exercise.





## **Plank Variation: Opposite Elbow to Knee Touches**

**Starting Position:** Begin from a quadruped position (hands and knees), and extend your opposite arm and leg so that they are inline with your body.

**Form:** Use the drawing-in maneuver to engage your abdominals and keep your spine and pelvis stable. After you engage the abdominals, slowly bring your elbow and knee towards each other touching them if possible. Hold for a brief second and then return to the starting position.

**Personal Trainer Tips:** The goal of this exercise is not to simply lift your arms and legs and touch your elbow to your knee. The goal is to remain as stable and solid through the core and pelvis and keep your spine from moving too much.



You can make this exercise more advanced by performing it from the full plank position versus the quadruped position. In the full plank version, simply begin on your hands and feet versus your hands and your knees.



## **Side Plank**

**Starting Position:** Start by balancing on your elbow and your feet. Place your foot that is closest to the ground in the front, and keep your body in a straight line.

**Form:** Hold for 10-30 seconds and repeat on the other side.

**Personal Trainer Tips:** This core exercise has a few variations.

**#1 Foot position:** You can stack your feet one on top of the other to challenge your balance even more.

**#2 Top hand position:** You can also place your top hand on your hip to make it easier to balance.

**#3 Bottom arm position:** You can make this exercise a little more challenging by balancing on your hand and feet.



## **Full Plank**

**Starting Position:** Start by balancing on your elbows and your toes, while keeping your body in a straight line.

**Form:** This is one of the three isometric exercises for stomach muscles that I use regularly. Hold the same position for 10-30 seconds without moving.

**Personal Trainer Tips:** Make sure that you keep your body in a straight line.

Keep your abs pulled in to stop your back from arching.

When you are doing this exercise for the first few times, your body may start shaking.

This is a result of muscle weakness and lack of coordination.

After a little practice, the shaking will stop and you will be able to hold this exercise for 30 seconds or more.

If you feel your back arching, lift your hips slightly higher in the air.



## **Stretching after rowing...**

Do a cool down pedal on a bike or walk until heart rate and sweating has slowed, and muscles feel recovered from exertion....

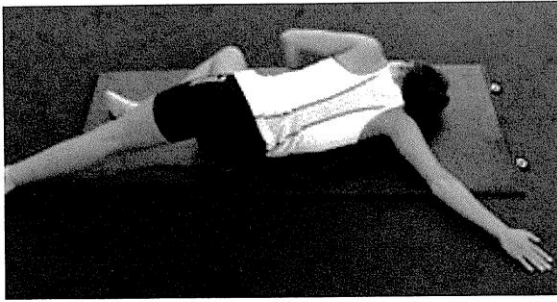
Loosen up upper body and legs

- Laying Chest/Bicep
- V Sit with forward and side bends
- Laying Hamstring
- Laying Hip

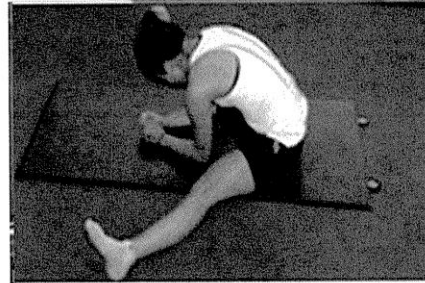
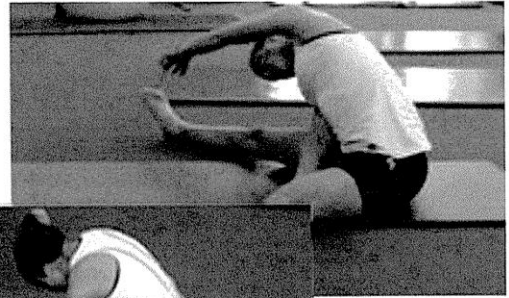
Then, loosen up the spine and hips

- 10x Cat-Camel stretch
- 60s Prayer stretch
- 10x Kneeling thoracic rotations each side,
- 30s Kneeling sumo sit-back (Squashed frog)
- And, throw in a Downward Dog

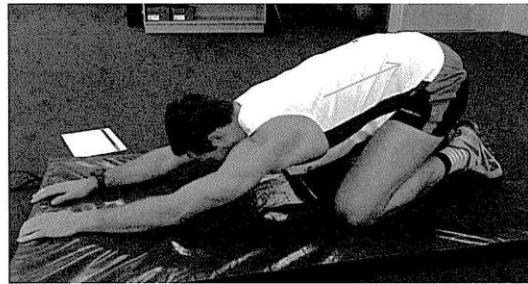
*Seek medical advice if ill, injured or you have medical conditions (past or present) before attempting this warm up  
It is recommended you seek instruction and feedback to minimise any risk of harm associated with incorrect execution.*



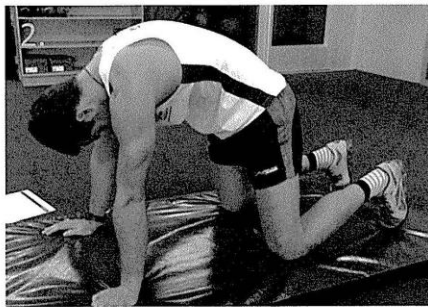
Laying Chest/Biceps



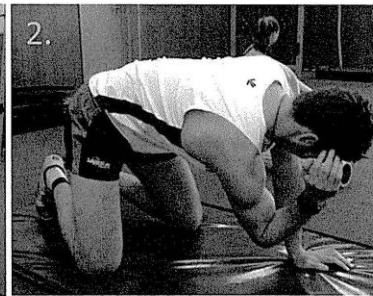
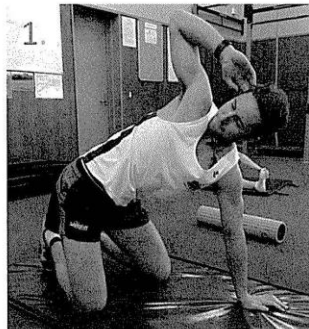
V Sit with forward and side bends



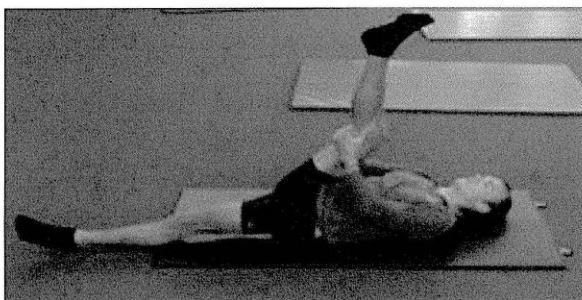
Prayer Stretch



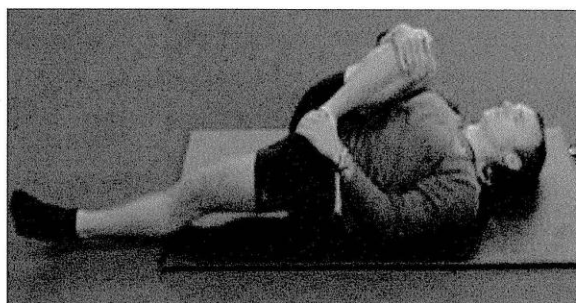
Cat-Camel



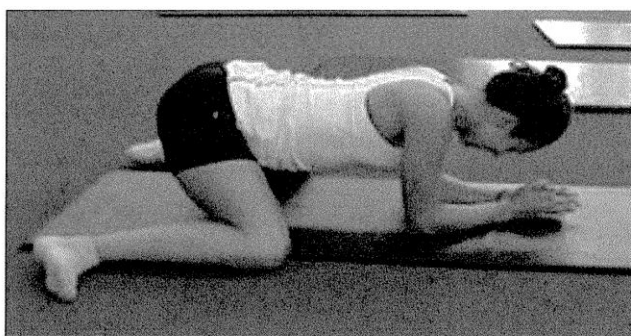
Kneeling Thoracic Rotations



Hamstring



Laying Hip



Kneeling Sumo Sit Back



Downward Dog