



6-WEEK TRAINING PLAN

RowErg 1k

How to Approach

Use this 6-week training plan to prepare for the World Rowing Indoor Virtual Sprints or any 1000-meter race. Aim to complete two workouts per week from this plan. Each week, complete Workout 1 and then choose between two additional workout options to use as your Workout 2. Feel free to switch things up when choosing your second workout or stick to the same style each week. Give yourself a few days to recover between the two target driven workouts.

Add volume to your training plan by including longer, lower intensity workouts in-between your scheduled training workouts. Try out a few (three or more) longer (four or more minutes) intervals, or even a steady effort for 30 minutes up to an hour. Time spent rowing is valuable to your endurance and stamina.

Warm Up

Warm up for at least 10 minutes before every workout. Longer warm-ups will help you with these shorter, higher intensity training workouts. Here are a few suggestions for your warm-up:

- 12 minute warm-up: Row easy for 3 minutes, then take 10 second bursts at the beginning of each of the next three minutes, then back to moderate rowing for 3 minutes, then take 20 second bursts at the beginning of each of the next three minutes.
- 10 minute warm-up: 2 minutes easy, 3 minutes moderate, 3 minutes easy with 30 second bursts to race pace every minute, 2 minutes easy.
- 15 minute warm-up: Row easy at 50% effort (5 on Rate of Perceived Exertion (RPE) Scale) for 5 minutes, then at 60% effort (6 on RPE Scale) for 4 minutes, at 70% effort (7 on RPE Scale) for 3 minutes, at 80% effort (8 on RPE Scale) for 2 minutes, and back down to 60% for 1 minute.

Cool Down

After each interval workout session, take 3-4 minutes to row easily and cool yourself down.

Stroke Rate and Damper Setting

Find a stroke rate and damper setting that you feel comfortable sticking with for the entire training plan. We suggest a damper setting between 3-5 and a stroke rate of 26-32.

Programming Workouts

Workouts can be programmed directly into the Performance Monitor. Use the [Intervals:Variable](#) programming instructions found here.

Workouts can also easily be programmed in ErgData, our free app for iOS and Android devices. Select **Workout** from the ribbon at the bottom of the ErgData app, and **Create > Variable Intervals**. You can then input the work and rest elements for each workout as specified in each workout below. Mark these workouts as your favorites so they are easy to access each week. Modifications can be made as you progress through the training plan.

Benchmark Pace

This plan uses a benchmark pace, which will be determined by a preliminary time trial (700m). The average pace (time/500m) from your time trial will be considered your benchmark pace. This benchmark pace is used to create the workouts each week. If you're having trouble holding the suggested pace over multiple workouts, just let your pace adjust accordingly. Try adding +0:02-0:05 to start out, and then see if you can bring the pace back down. Training can be affected by things like other activities, rest, recovery and nutrition, so listen to your body as you follow this plan.

Before beginning this program complete the following: 700m Time Trial

Record Average Split Here:

Benchmark Pace _____/500m

(This will be your target pace for the following workouts)

WEEK 1

Workout 1

400m at benchmark pace, 2 minutes rest + 6 x 100m with 30 seconds rest between. The goal is for equal splits.

Workout 2 (Choose one additional)

*4 x 1:15, at benchmark pace with 1:30 minutes rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, 2 minutes rest, 300m, 2 minutes rest, 200m, 2 minutes rest, 100m. The goal is equal or negative splits.

WEEK 2

Workout 1

500m at benchmark pace, 2 minutes rest + 5 x 100m with 30 seconds rest between. The goal is for equal splits.

Workout 2 (Choose one additional)

*4 x 1:15, at benchmark pace with 1:15 minute rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, 1:30 minutes rest, 300m, 1:30 minutes rest, 200m, 1:30 minutes rest, 100m. The goal is for equal or negative splits.

WEEK 3

Workout 1

600m at benchmark pace, 2 minutes rest + 4 x 100m with 1 minute rest between. The goal is for equal splits.

Workout 2 (Choose one additional)

*4 x 1:15, at benchmark pace with 1 minute rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, 1 minute rest, 300m, 1 minute rest, 200m, 1 minute rest, 100m. The goal is for equal or negative splits.

WEEK 4

Workout 1

700m at benchmark pace, 2 minutes rest + 3 x 100m with 30 seconds rest between. The goal is for equal splits.

Workout 2 (Choose one additional)

*4 x 1:15, at benchmark pace with 45 seconds rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, :45 seconds rest, 300m, :45 seconds rest, 200m, :45 seconds rest, 100m. The goal is for equal or negative splits.

WEEK 5

Workout 1

800m at benchmark pace, 2 minutes rest + 2 x 100m with 30 seconds rest between. The goal is for equal splits.

Workout 2 (Choose one additional)

*4 x 1:15, at benchmark pace with 30 seconds rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, :30 seconds rest, 300m, :30 seconds rest, 200m, :30 seconds rest, 100m. The goal is for equal or negative splits.

WEEK 6

Workout 1 (Choose one)

900m at benchmark pace, 2 minutes rest + 100m. The goal is for equal splits.

Or

*4 x 1:15, at benchmark pace :15 seconds rest between. The goal is for equal or negative splits.

Or

400m at benchmark pace, :15 seconds rest, 300m, :15 seconds rest, 200m, :15 seconds rest, 100m

Workout 2

1000m Race. Good luck!