

End-to-End Training Programme for Rowers

Stamina in addition to learning technique for rowing is important for long distance rowing and, also, rowing long distances can cause blisters on the hands making it painful and difficult, if not impossible, to row sometimes. It is very important, therefore, that training sessions take place in a rowing boat when time and water conditions allow and as a minimum, rowers need to be using boats twice per week. When not in a boat, a rowing machine should be used to build stamina and to work the same muscles that would be used in a boat.

Cross-training can, also, be of benefit for overall fitness and health. This might include running, cycling, swimming, stepping machines and weight training.

In using the following training programme, you should include these points:

- increase power progressively with each session, apart from the last week
- use a rowing boat whenever possible (at least twice per week) so that oars are used and there is less risk of blisters during the event
- whether in a boat or on a rowing machine, the time set out in the schedule is a sustained period of rowing that you should try without having a break
- do drink water if needed during the sustained period of rowing, especially for the longer distances, but commence rowing again as soon as possible
- it is better to drink plenty of water before training so that you do not become dehydrated
- if you miss a training session, do not worry; pick up again where you left off

Week 1	Row 3 times Minimum sustained time - 15 minutes Day's break in between sessions
Week 2	Row 3 times Minimum sustained time - 20 minutes Day's break in between sessions
Week 3	Row 4 times Minimum sustained time - 20 minutes, 5 minutes rest and then 10 minutes rowing Day's break in between sessions
Week 4	Row 4 times Minimum sustained time - 30 minutes Day's break in between sessions
Week 5	Row 4 times Minimum sustained time - 40 minutes Day's break in between sessions
Week 6	Row 5 times Minimum sustained time - 40 minutes

Week 7	Row 5 times Minimum sustained time - 45 minutes
Week 8	Row 5 times Minimum sustained time - 50 minutes
Week 9	Row 5 times Minimum sustained time - 50 minutes
Week 10	Row 5 times Minimum sustained time - 55 minutes
Week 11	Row 5 times Minimum sustained time - 60 minutes
Week 12	Row 4 times Minimum sustained time - 60 minutes Use less power this week

Contact Lawrence Bird at lawrence.bird@hotmail.com for further information.