

End-to-End Training Programme for Rowers

To row the full End-to-End course, this could involve in excess of 2 hours of continuous rowing and this programme is planned accordingly. If you are to row a shorter distance, you can reduce the training times to suit the distance you are attempting.

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

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/2/2010	Row 3 times	15 minutes			20 minutes		25 minutes	
15/2/2010	Row 3 times		25 minutes		30 minutes		30 minutes	
22/2/2010	Row 4 times	30 minutes		30 minutes		40 minutes		40 minutes
1/3/2010	Row 4 times	40 minutes		40 minutes		40 minutes		40 minutes
8/3/2010	Row 4 times	45 minutes		45 minutes		45 minutes		45 minutes
15/3/2010	Row 5 times	45 minutes		45 minutes	30 minutes		40 minutes	45 minutes
22/3/2010	Row 5 times	40 minutes		50 minutes	40 minutes		50 minutes	40 minutes
29/3/2010	Row 5 times	50 minutes		60 minutes	60 minutes		60 minutes	60 minutes
5/4/2010	Row 5 times	60 minutes		70 minutes	70 minutes		75 minutes	75 minutes
12/4/2010	Row 5 times	90 minutes		90 minutes	90 minutes		105 minutes	105 minutes
19/4/2010	Row 5 times	105 minutes		105 minutes	120 minutes		120 minutes	120 minutes Less power
26/4/2010	Row 3 times	105 minutes Less power		90 minutes Less power	60 minutes Less power		End-to-End	

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