Winter Season Workouts

(modeled after the University of Delaware training program)

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| A | 8’@18spm  7’@20spm  6’@22spm  5’@24spm  4’@26spm  3’@28spm  2’@30spm  1’@32spm  1’ rest/easy rowing in between intervals  *Record your total number of meters.* | 2 x 30 min;  10-15 min rest  1st 10’ @22spm  2nd 10‘ @23spm  3rd 10’ @24spm  *Record your total number of meters and average split for each 30 min piece.* | TEST DAY  2 x 6k  (open rating)  20 min rest  *Record your total time and average split for each 6k piece.* | 1:30 ‘ on, 2’ rest (x3)  1’ on, 1:30 rest (x3)  0:45 on, 1’ rest (x3)  Rest 10 min  0:45 on, 1’ rest (x3)  1’ on, 1:30 rest (x3)  1:30 ‘ on, 2’ rest (x3)  *Record your total number of meters.* | 3 x 20 min;  4 min rest  Rotate  4’ @22spm,  1’ @26spm  *Record your total number of meters and average split for each 20 min piece.* | TEST DAY  4 x 1500m,  6-8min rest  1st piece @ 22spm  2nd piece @open  3rd piece @24spm  4th piece @open  *Record your total time and average split for each 1500m piece.* |
| B | 8’@22spm  7’@23spm  6’@24spm  5’@25spm  4’@26spm  3’@27spm  2’@28spm  1’@29spm  1’ rest/easy rowing in between intervals  *Record your total number of meters.* | 2 x 30 min;  10-15 min rest  1st 10’ @22spm  2nd 10‘ @23spm  3rd 10’ @24spm  *Record your total number of meters and average split for each 30 min piece*. | TEST DAY  1st piece:  10k open rating  10 min rest  2nd piece:  4k open rating  *Record your total time and average split for both the 10k and 4k pieces.* | 10 x 500m  2’ rest  *Record your average split for each of the 500m pieces.* | 3 x 20 min;  4 min rest  Rotate  4’ @22spm,  1’ @26spm  *Record your total number of meters and average split for each 20 min piece.* | TEST DAY  3 x 2000m  6-8 min rest  1st piece @open  2nd piece @24spm  3rd piece @open  *Record your total time and average split for each 2000m piece.* |

Notes:

1. Stretch after every workout. 2. Log your times and/or meters for each workout using the Google Form