Winter Season Workouts

(modeled after the University of Delaware training program)

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| A | 8’@18spm7’@20spm6’@22spm5’@24spm4’@26spm3’@28spm2’@30spm1’@32spm1’ rest/easy rowing in between intervals*Record your total number of meters.* | 2 x 30 min; 10-15 min rest1st 10’ @22spm2nd 10‘ @23spm3rd 10’ @24spm*Record your total number of meters and average split for each 30 min piece.* | TEST DAY2 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 min0:45 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 restRotate 4’ @22spm,  1’ @26spm*Record your total number of meters and average split for each 20 min piece.* | TEST DAY4 x 1500m,6-8min rest1st piece @ 22spm2nd piece @open3rd piece @24spm4th piece @open*Record your total time and average split for each 1500m piece.* |
| B | 8’@22spm7’@23spm6’@24spm5’@25spm4’@26spm3’@27spm2’@28spm1’@29spm1’ rest/easy rowing in between intervals*Record your total number of meters.* | 2 x 30 min; 10-15 min rest1st 10’ @22spm2nd 10‘ @23spm3rd 10’ @24spm*Record your total number of meters and average split for each 30 min piece*. | TEST DAY1st piece:10k open rating10 min rest2nd piece:4k open rating*Record your total time and average split for both the 10k and 4k pieces.* | 10 x 500m2’ rest*Record your average split for each of the 500m pieces.* | 3 x 20 min;4 min restRotate 4’ @22spm,  1’ @26spm*Record your total number of meters and average split for each 20 min piece.* | TEST DAY3 x 2000m6-8 min rest1st piece @open2nd piece @24spm3rd 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