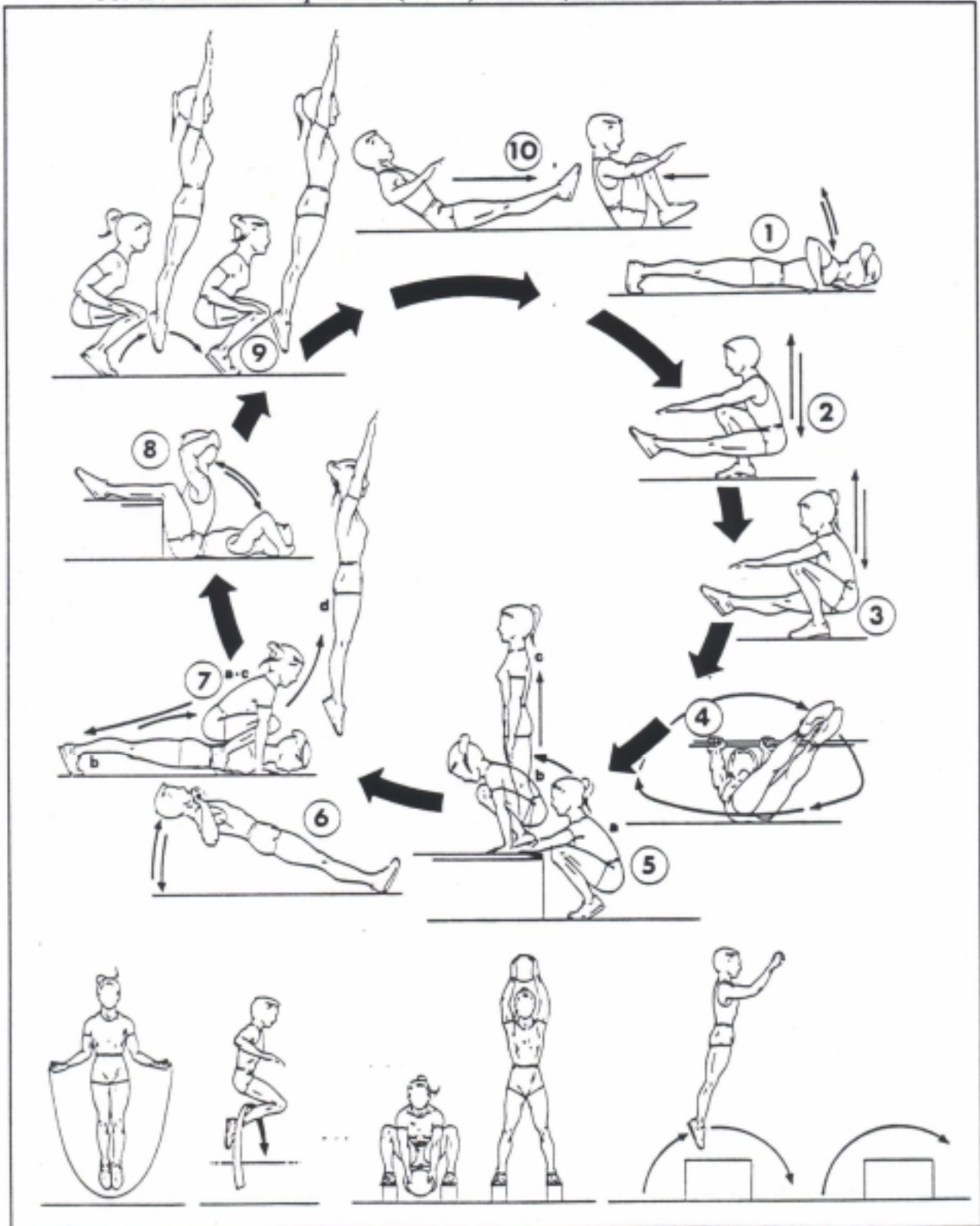


Appendix B







Circuit Training - Body Circuit

Two rowers work together (one exercising and one resting, then switch).
Use the number of repetitions (ex. 30) or time (ex. 30 seconds) for each station



**Weight Training Exercises
Endurance Strength Programme**

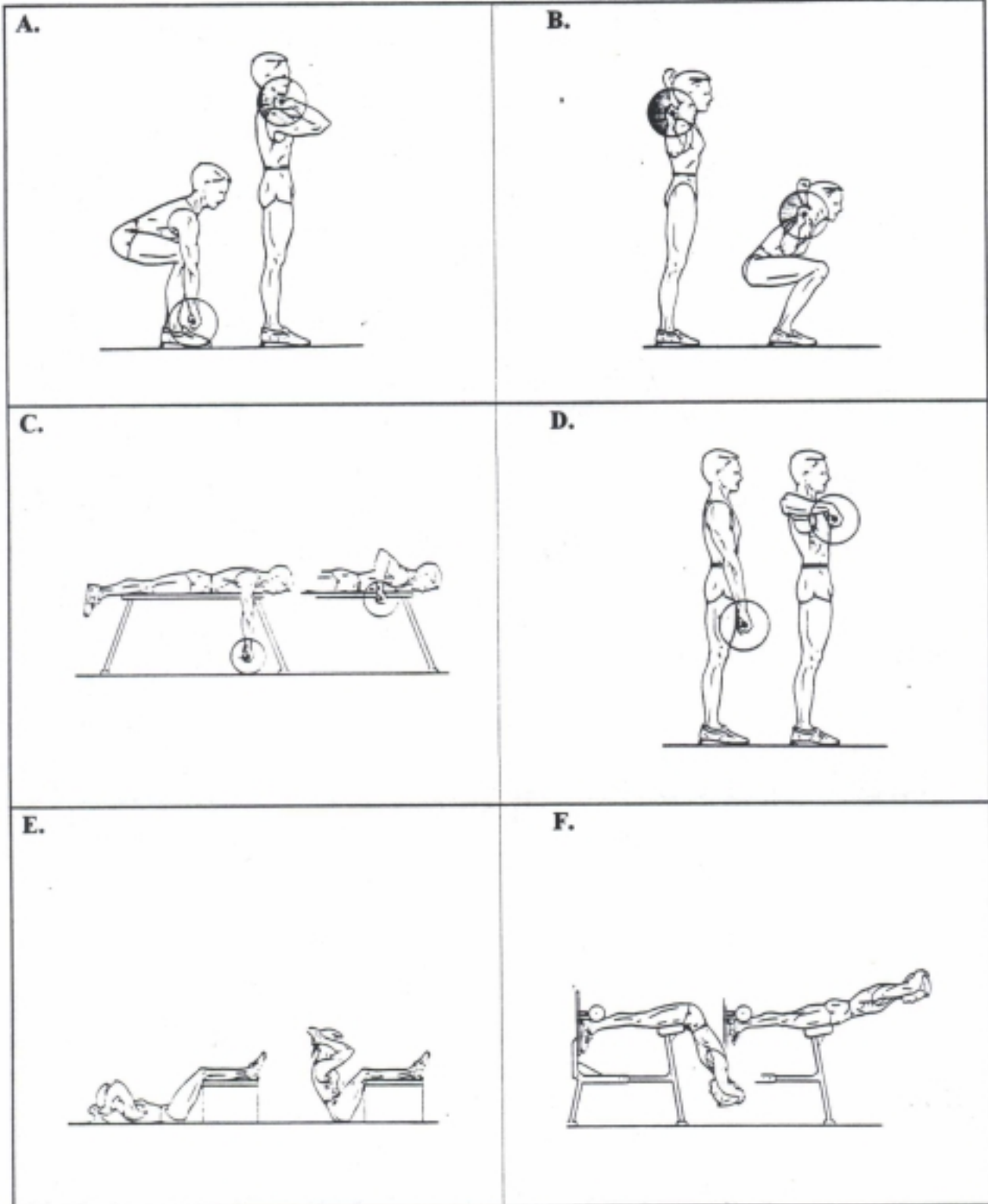
Start with 30-40 repetitions (2 series) and increase to the indicated maximum number of repetitions and series.

<p>A.</p> 	<p>Exercises A and B</p> <p>Load: 40 to 50% of max</p> <p>Series: 2 to 3</p> <p>Repetitions: 60 to 80</p> <p>Recovery: 3 to 4 minutes</p>	<p>B.</p> 
<p>C.</p> 	<p>Exercises C and D</p> <p>Load: 40 to 50% of max</p> <p>Series: 2 to 3</p> <p>Repetitions: 60 to 80</p> <p>Recovery: 3 to 4 minutes</p>	<p>D.</p> 
<p>E.</p> 	<p>Exercises E and F</p> <p>Load: 0 to 5 kilogrammes</p> <p>Series: 2 to 3</p> <p>Repetitions: 40 to 50</p> <p>Recovery: 2 to 3 minutes</p>	<p>F.</p> 

Appendix D

Weight Training Exercises
Maximal Strength Programme

Four to six series of each exercise using the pyramid system.



Daily Training Programme - Club and Juniors

Month:

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:

Daily Training Programme - Club and Juniors

Month: 1

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
<p>Month one is the month of active rest following the competition season. Active rest refers to recovery through leisure activities. This will provide physical and mental relaxation from the prior competition season and allows the athlete, coach and organization to prepare for the next season.</p>						
<p>This period is also an opportunity to review and revise the training programme of the previous season, if necessary, in conjunction with evaluating the achievements of that season and establishing new training objectives for the next season.</p>						
<p>There is also the opportunity to evaluate the health and fitness levels of the athlete and proceed with any corrective medical interventions that may have been delayed during the prior season.</p>						
<p>One should also evaluate the rowing stroke used during the previous season and determine whether any corrections are necessary. The equipment should be carefully inspected and any major repairs or adjustment should be undertaken at this time.</p>						
<p>Finally, the athlete has an opportunity to enjoy the feeling of being fit and to prepare for the start of another year of training.</p>						

Daily Training Programme - Club and Juniors**Month: 2**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running B) Introduction to Strength Training (1) - General Strength		130-150	65-75		6 to 10
Tuesday	A) Rowing - Steady State (2)		130-150	65-75	18-20	10 to 12
Wednesday	A) Running B) Introduction to Strength Training - General Strength		130-150	65-75		8 to 10
Thursday	Free					
Friday	A) Running B) Introduction to Strength Training - General Strength		130-150	65-75		8 to 10
Saturday	A) Rowing - Steady State		130-150	65-75	18-22	12 to 20
Sunday	A) Rowing - Steady State		130-150	65-75	18-22	12 to 20

Notes:

1) It is important that proper lifting techniques are taught during the introduction to strength training.

2) This period should be used to correct the technique in the boat.
To make these corrections, it is necessary that there is close supervision by the coach.

3) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Juniors**Month: 3**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Tuesday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-22	12 to 16 8 to 12
Wednesday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Thursday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-20	10 to 12 8 to 12
Friday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Saturday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10
Sunday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10

Notes:

1) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility exercises.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

3) ' = minutes, " = seconds

Daily Training Programme - Club and Juniors

Month: 4

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Tuesday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-22	12 to 16 8 to 12
Wednesday	A) Running B) Strength Training - Endurance Strength		130-150	65-75		4 to 6
Thursday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-20	10 to 12 8 to 12
Friday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Saturday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10
Sunday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10

Notes:

1) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility exercises.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Juniors**Month: 5**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running B) Circuit Training - 2 series		130-150	65-75		16 to 20
Tuesday	A) Rowing warm-up(1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	6 to 10
Wednesday	A) Running warm-up B) Running - "Short Intervals" 20"/10" x 10'-12' - 2 times C) Circuit Training - 2 series	3'-6'	130-150 180-190	65-75 90-95		4 to 6 8 to 12
Thursday	A) Rowing warm-up (1) B) Strength Training - Endurance Strength		130-150	65-75	18-22	6 to 10
Friday	A) Running warm-up B) Running - Intervals 3 x 5 min (up hill) or 4 x 1000 m (flat land)	3'-5' 3'-4'	130-150 180-190 180-190	65-75 90-95 90-95		4 to 6 8 to 10 8 to 10
Saturday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	6 to 10
Sunday	A) Rowing - Steady State		150-170	75-85	22-26	16 to 20

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes at a heart rate of 130 to 150 beats per minute.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Juniors

Month: 6

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up(1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	6 to 10
Wednesday	A) Running warm-up B) Running - "Short Intervals" 20"/10" x 10'-12' - 2 series C) Circuit Training - 2 series	3'-6'	130-150 180-190	65-75 90-95		4 to 6 8 to 12
Thursday	A) Rowing - Steady State (2) 2 x 10 km	20'-30'	140-160	70-80	20-22	20
Friday	A) Running warm-up B) Running - Intervals 3 x 5 min (up hill) or 4 x 1000 m (flat land)	3'-5' 3'-4'	130-150 180-190 180-190	65-75 90-95 90-95		4 to 6 8 to 10 8 to 10
Saturday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	6 to 10
Sunday	A) Rowing - Steady State		150-170	75-85	22-26	16 to 20

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes at a heart rate of 130 to 150 beats per minute.

2) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility.

3) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Juniors

Month: 7

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	6 to 8
Tuesday	A) Rowing warm-up B) Rowing - Intervals 4 - 6 x 5 minutes	3'-5'	130-150 180-190	65-76 90-95	18-22 26-28	4 to 6 14 to 16
Wednesday	A) Running warm-up B) Running - Intervals 3 x 5 min (up hill) or 4 x 1000 m (flat land) C) Circuit Training - 2 series	3'-5' 3'-4'	130-150 180-190 180-190	65-75 90-95 90-95		4 to 6 8 to 10 8 to 10
Thursday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Friday	A) Rowing warm-up B) Rowing - Intervals 6 - 8 x 3 minutes	1'-3'	130-150 180-190	65-75 90-95	18-22 28-30	4 to 6 12 to 14
Saturday	A) Rowing warm-up B) Rowing - Rhythm Variations 2 - 3 x 4'-3'-2'-1'	8'-10'	130-150 180-190	65-75 90-95	18-22 24-30	4 to 6 12 to 14
Sunday	A) Rowing warm-up B) Rowing- Intervals 2 - 3 x 12 minutes	6'-8'	130-150 170-180	65-75 85-90	18-22 28-30	4 to 6 12 to 14

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes with a heart rate of 130 to 150 beats per minute.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Junior**Month: 8**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	8 to 12
Tuesday	A) Rowing warm-up B) Rowing - Intervals 3 - 4 x 5 minutes	4'-6'	130-150 180-190	65-76 90-95	18-22 28-30	4 to 6 12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/20 easy strokes 8-10 x each set, 2 series	6'-8'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 8 to 10 10 to 12
Thursday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Friday	A) Rowing warm-up B) Rowing - Intervals 5 - 6 x 3 minutes	2'-4'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 12 to 14
Saturday	A) Rowing warm-up B) Rowing - Rhythm Variations 2 - 3 x 3'-2'-1'-1'	6'-8'	130-150 170-190	65-75 85-95	18-22 30-36	4 to 6 10 to 14
Sunday	A) Rowing warm-up B) Rowing - Intervals 2 x 1500 meters	10'-12'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 8 to 10

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes with a heart rate of 130 to 150 beats per minute.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Junior**Month: 9**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals 3 - 4 x 5 minutes	4'-6'	130-150 180-190	65-76 90-95	18-22 28-30	4 to 6 12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/20 easy strokes 8-10 x each set, 2 series	6'-8'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 12 to 14
Thursday	A) Rowing warm-up B) Rowing - Rhythm Variations 2 - 3 x 4'-3'-2'-1'	8'-10'	130-150 180-190	65-75 90-95	18-22 24-30	4 to 6 12 to 14
Friday	A) Rowing warm-up B) Rowing - Rhythm Variations 5 - 6 x 1'-1'-1'	4'-6'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 12 to 14
Saturday	A) Rowing warm-up B) Rowing - Short Intervals 17 hard/5 easy strokes 10-12 x each set, 2 series	6'-10'	130-150 180-190	65-75 90-95	18-22 <34>	4 to 6 10 to 12
Sunday	A) Rowing warm-up B) Rowing - Intervals 2 x 1500 meters	10'-12'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 8 to 10

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes with a heart rate of 130 to 150 beats per minute.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Junior**Months: 10, 11 and 12**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing warm-up (1) B) Strength Training - Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals 3 - 4 x 12 minutes	6'-8'	130-150 170-190	65-76 85-90	18-22 28-30	4 to 6 12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/15 easy strokes 8-10 x each set, 2 series	6'-8'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 12 to 14
Thursday	A) Rowing warm-up B) Rowing - Intervals 3 - 4 x 5 minutes	4'-6'	130-150 180-190	65-75 90-95	18-22 28-32	4 to 6 14 to 16
Friday	A) Rowing warm-up B) Rowing - Rhythm Variations 2- 3 x 3'-2'-1'-1'	8'-10'	130-150 170-190	65-75 85-95	18-22 30-36	4 to 6 10 to 14
Saturday	A) Rowing warm-up B) Rowing - Short Intervals 17 hard/5 easy strokes 15 x each set, 2 series	6'-10'	130-150 180-190	65-75 90-95	18-22 <34>	4 to 6 12 to 14
Sunday	A) Rowing warm-up B) Rowing - Intervals 2 x 1500 meters	10'-12'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 8 to 10

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes with a heart rate of 130 to 150 beats per minute.

2) The months 10, 11 and 12 have the same training models. The training sessions will change in competition preparation as explained in the Special Programme (SP) for super compensation.

3) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - Club and Junior

**Month: Special Programme
Super Compensation**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Saturday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training 4 x 500 meters	2'-3'	MAX	MAX	MAX	6 to 8
2)	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training 2 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
Sunday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training 2 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
	C) Rowing - Steady State		130-150	65-75	18-22	8 to 10
Monday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Intervals 2 - 3 x 5 min	4'-6'	180-190	90-95	28-32	8 to 10
Wednesday	A) Rowing		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training 1 x 1000 m + 1 x 1500 m	8'	MAX	MAX	MAX	6 to 8
Thursday	A) Rowing Fartlek (1)		130-180	65-95	18-34	10 to 12
Friday	A) Rowing Fartlek (1)		130-180	65-95	18-34	10 to 12
	2) A) Rowing Fartlek (1)		130-180	65-95	18-34	10 to 12
Saturday	Race					
Sunday	Race					

Notes:

1) "Fartlek" is steady training with a variation of rhythm as desired by the rower. For example, steady rowing at 18-22 strokes per minute with increases in speed every 2-3 minutes at maximum effort for 10-15 strokes.

2) Ten to 15 minutes of stretching and flexibility exercises should take place before and after each training session.

Daily Training Programme - National Team

Month:

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:

Daily Training Programme - National Team

Month: 1

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
<p>Month one is the month of active rest following the competition season. Active rest refers to recovery through leisure activities. This will provide physical and mental relaxation from the prior competition season and allows the athlete, coach and organization to prepare for the next season.</p> <p>This period is also an opportunity to review and revise the training programme of the previous season, if necessary, in conjunction with evaluating the achievements of that season and establishing new training objectives for the next season.</p> <p>There is also the opportunity to evaluate the health and fitness levels of the athlete and proceed with any corrective medical interventions that may have been delayed during the prior season.</p> <p>One should also evaluate the rowing stroke used during the previous season and determine whether any corrections are necessary. The equipment should be carefully inspected and any major repairs or adjustment should be undertaken at this time.</p> <p>Finally, the athlete has an opportunity to enjoy the feeling of being fit and to prepare for the start of another year of training.</p>						

Daily Training Programme - National Team

Month: 2

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running B) Strength Training - General Strength		130-150	65-75		6 to 10
Tuesday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-22	12 to 16 8 to 12
Wednesday	A) Running B) Strength Training - General Strength		130-150	65-75		6 to 10
Thursday	Free					
Friday	A) Running B) Strength Training - General Strength		130-150	65-75		6 to 10
Saturday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10
Sunday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10

Notes

- 1) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility exercises.
- 2) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.
- 3) ' = seconds, " = minutes.

Daily Training Programme - National Team**Month: 3**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running warm-up B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Tuesday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-22	12 to 16 8 to 12
Wednesday	A) Running warm-up B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Thursday	A) Rowing - Steady State or Running		130-150 130-150	65-75 65-75	18-22	12 to 16 8 to 12
Friday	A) Running B) Strength Training - Maximal Strength		130-150	65-75		4 to 6
Saturday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10
Sunday	A) Rowing - Steady State 2 x 10 km (1)	20'-30'	130-150	65-75	20-22	2 x 10

Notes:

- 1) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility exercises.
- 2) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team

Month: 4

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running warm-up		130-150	65-75		16 to 20
	B) Running - Intervals 3 x 12 minutes	4'-6'	170-180	85-90		8 to 12
Tuesday	A) Rowing warm-up (1)		130-150	65-75	18-22	8 to 12
	B) Strength Training - Maximal Strength					
Wednesday	A) Running warm-up		130-150	65-75		4 to 6
	B) Running - "Short Intervals" 20"/10" x 10'-12' - 2 series	3'-6'	180-190	90-95		8 to 12
	C) Circuit Training - 2 series					
Thursday	A) Rowing warm-up (1)		130-150	65-75	18-22	8 to 12
	B) Strength Training - Endurance Strength					
Friday	A) Running warm-up		130-150	65-75		4 to 6
	B) Running - Intervals 3 x 5 min (up hill) or	3'-5'	180-190	90-95		8 to 10
	4 x 1000 m (flat land)	3'-4'	180-190	90-95		8 to 10
Saturday	A) Rowing - Steady State		130-150	65-75	18-22	8 to 12
	B) Strength Training - Maximal Strength					
Sunday	A) Rowing - Steady State		150-170	75-85	22-26	20 to 24

Notes:

1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes at a heart rate of 130 to 150 beats per minute.

2) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team**Month: 5**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Running warm-up		130-150	65-75	18-22	4 to 6
	B) Running - Intervals 3 x 12 minutes	4'-6'	170-180	85-90		8 to 12
Tuesday	A) Rowing warm-up (1)		130-150	65-75	18-22	8 to 12
	B) Strength Training - Endurance Strength					
Wednesday	A) Running warm-up		130-150	65-75		4 to 6
	B) Running - Intervals					
	3 x 5 min (up hill) or	3'-6'	180-190	90-95		8 to 10
	4 x 1000 m (flat land)	3'-4'	180-190	90-95		8 to 10
	C) Circuit Training 2 series					
Thursday	A) Rowing - Steady State					
	2 x 10 km (2)	20'-30'	140-160	70-80	20-22	20
Friday	A) Running warm-up		130-150	65-75		4 to 6
	B) Running - "Short Intervals"					
	20"/10" x 10'-12' - 2 series	3'-6'	180-190	90-95		8 to 12
	C) Strength Training - Maximal Strength					
Saturday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Sunday	A) Rowing - Steady State		150-170	75-85	22-26	20 to 24

Notes

- 1) If it is not possible to use rowing as a warm-up, you can run for 25 to 30 minutes at a heart rate of 130 to 150 beats per minute.
- 2) The rest between the 2 x 10 kilometer distances can be taken on land and should include stretching and flexibility.
- 3) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team

Month: 6

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing - Steady State B) Strength Training - Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals 5 - 6 x 5 minutes	4'-5'	130-150 180-190	65-76 90-95	18-22 26-28	4 to 6 14 to 16
Wednesday	A) Rowing warm-up B) Rowing - Intervals 3 - 4 x 10 minutes	8'-10'	130-150 170-180	65-75 85-90	18-22 26-28	4 to 6 12 to 16
Thursday	A) Rowing warm-up B) Rowing - Rhythm Variations 3 x 4'-3'-2'-1'	8'-10'	130-150 160-190	65-75 80-95	18-22 24-30	4 to 6 12 to 14
Friday	A) Rowing warm-up B) Rowing - Intervals 8 x 3 minutes	1'-3'	130-150 180-190	65-75 90-95	18-22 28-30	4 to 6 14 to 16
Saturday	A) Rowing warm-up B) Rowing - Muscle fibre recruitment 30'+25'+20' at 24, 26 and 28 spm		130-150 170-180	65-75 85-90	18-22 24-28	4 to 6 16 to 20
Sunday	A) Rowing warm-up B) Rowing - Intervals 3 x 2000 meters	4'-6'	130-150 175-185	65-75 <90%>	18-22 25-27	4 to 6 10 to 12

Notes:

1) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

2) spm = strokes per minute

Daily Training Programme - National Team

Month: 7

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing - Steady State B) Strength Training - Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals 4 x 5 minutes	4'-6'	130-150 180-190	65-76 90-95	18-22 28-30	4 to 6 12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/20 easy strokes 10-12 x per set, 2 series	6'-8'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 8 to 10 12 to 16
Thursday	A) Rowing warm-up B) Rowing - Rhythm Variations 3 x 4'-3'-2'-1'	8'-10'	130-150 160-190	65-75 80-95	18-22 26-32	4 to 6 14 to 16
Friday	A) Rowing warm-up B) Rowing - Intervals 8 x 3 minutes	2'-4'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 14 to 18
Saturday	A) Rowing warm-up B) Rowing - Rhythm Variations 4 x 3'-2'-1'-1'	8'-10'	130-150 170-190	65-75 85-95	18-22 30-36	4 to 6 12 to 16
Sunday	A) Rowing warm-up B) Rowing - Model Training 2 x 2000 meters	10'-15'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 8 to 10

Notes:

1) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team

Month: 8

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing - Steady State B) Strength Training - Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals 4 x 5 minutes	4'-6'	130-150 180-190	65-76 90-95	18-22 28-32	4 to 6 12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/15 easy strokes 12 x each set, 2 series	6'-8'	130-150 180-190	65-75 90-95	18-22 32-36	4 to 6 12 to 14
Thursday	A) Rowing warm-up B) Rowing - Intervals 3 x 12 minutes	8'-10'	130-150 170-180	65-75 85-90	18-22 28-30	4 to 6 12 to 14
Friday	A) Rowing warm-up B) Rowing - Rhythm Variations 3 x 3'-2'-1'-1'	8'-10'	130-150 170-190	65-75 85-95	18-22 30-36	4 to 6 10 to 14
Saturday	A) Rowing warm-up B) Rowing - Short Intervals 17 hard/5 easy strokes 20 x each set, 2 series	6'-10'	130-150 180-190	65-75 90-95	18-22 <34>	4 to 6 12 to 14
Sunday	A) Rowing warm-up B) Rowing - Model Training 2 x 2000 meters	10'-15'	130-150 180-190	65-75 90-95	18-22 32-34	4 to 6 8 to 10

Notes

1) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team**Months: 9, 10, 11 and 12**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Monday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up		130-150	65-76	18-22	4 to 6
	B) Rowing - Intervals 4 x 5 minutes	4'-6'	180-190	90-95	28-32	12 to 14
	2) A) Rowing - Steady State		150-170	75-85	22-26	16 to 20
Wednesday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Short Intervals 30 hard/15 easy strokes 12 x each set, 2 series	6'-8'	180-190	90-95	32-36	12 to 14
	2) A) Rowing - Steady State		150-170	75-85	22-26	16 to 20
Thursday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Intervals 3 x 12 minutes	8'-10'	170-180	85-90	28-30	12 to 14
	2) A) Rowing - Steady State		150-170	75-85	22-26	16 to 20
Friday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Rhythm Variations 3 x 3'-2'-1'-1'	8'-10'	170-190	85-95	30-36	10 to 14
	2) A) Rowing - Steady State		150-170	75-85	22-26	16 to 20
Saturday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Short Intervals 17 hard/5 easy strokes 20 x each set, 2 series	6'-10'	180-190	90-95	<34>	12 to 14
	2) A) Rowing - Steady State		150-170	75-85	22-26	16 to 20
Sunday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Model Training 2 x 2000 meters	10'-15'	180-190	90-95	32-34	8 to 10

Notes:

1) The Months 10, 11 and 12 have the same training models.

The Training sessions will change with competition preparation as explained in the Special Programme (SP) of super compensation.

2) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.

Daily Training Programme - National Team

**Month: Special Programme
Super Compensation**

Day	Programme	Recovery	Pulse Rate	% Max	Stroke Rate	Km
Saturday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training					
	6 x 500 meters	2'-3'	MAX	MAX	MAX	6 to 8
	2) A) Rowing warm-up		130-150	65-75	18-22	4 to 6
Sunday	B) Rowing - Speed Training					
	3 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
	2) A) Rowing - Steady State		130-150	65-75	18-22	12 to 16
	Monday A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Intervals					
	2 - 3 x 5 min	4'-6'	180-190	90-95	28-32	8 to 10
Wednesday	A) Rowing - Steady State		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training					
	1 x 1000 m + 1 x 1500 m	8'	MAX	MAX	MAX	6 to 8
	2) A) Rowing - Steady State		130-150	65-75	18-22	12 to 16
Thursday	A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
	2) A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
Friday	A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
	2) A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
Saturday	Race					
Sunday	Race					

Notes:

1) Fartlek is steady training with a variation of rhythm as desired by the rower.

For example, steady rowing at 18-22 strokes per minute with increases in speed every 2-3 minutes at maximum effort for 10-15 strokes.

2) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.