

WINTER ERG WORKOUTS 4 week macro-cycles

DEFINITIONS:

Sprint = Maximum Pace. Barely able to finish the sprint, if at all. If you can't maintain the pace to the end, then simply start your rest period early.

Intervals = Aerobic Threshold Pace. Uniform split the entire piece. The fastest pace that you can hold all the way to the end. Should finish the piece with little to spare.

Distance = 500 meter split should be 5-10 seconds faster than rowing light.

Row Light = Comfortable pace that you could row all day

ALTERNATE DAYS:

Monday, Wednesday, Friday do a light recovery workout on the erg OR an alternate activity like bicycle, yoga or weight training. You want to create an alternating Hard Day / Easy Day cycle during the week to let your rowing muscles & energy system recovery. That way, you will be able to go harder on the hard days.

MACRO-CYCLES:

By the end of each 4 week macro-cycle you have built up to the point that you really can't maintain that level of training. Then you back way off for the recovery week. And then start building back up again. Each macro-cycle gets harder than the previous one, because your increasing fitness lets you push at a higher intensity.

MACRO-CYCLE #1

	Mon	Tuesday SPRINTS	Wed	Thursday INTERVALS	Fri	Saturday DISTANCE	Sun
EASY WEEK	30-Nov	1-Dec 10 minute warmup + stretch + 1 minute sprints @ 10, 15, 20 minute marks (row light between sprints)	2-Dec	3-Dec 10 minute warmup + stretch + 4 minute pushes @ 4, 20 minute marks (row light between intervals)	4-Dec	5-Dec 10 minute warmup + stretch + 6k at steady pace	6-Dec
HARD WEEK	7-Dec	8-Dec 10 minute warmup + stretch + 1 minute sprints @ 5, 10, 15, 20 minute marks (row light between sprints)	9-Dec	10-Dec 10 minute warmup + stretch + 4 minute pushes @ 4, 16, 24 minute marks (row light between intervals)	11-Dec	12-Dec 10 minute warmup + stretch + 7k at steady pace or 2000m piece with extra warmup & cool down	13-Dec
HARDER WEEK	14-Dec	15-Dec 10 minute warmup + stretch + 1 minute sprints @ 5, 10, 15, 20, 25 minute marks (row light between sprints)	16-Dec	17-Dec 10 minute warmup + stretch + 4 minute pushes @ 4, 16, 24 minute marks (row light between intervals)	18-Dec	19-Dec 10 minute warmup + stretch + 8K at a steady pace	20-Dec
HARDEST WEEK	21-Dec	22-Dec 10 minute warmup + stretch + 1 minute sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	23-Dec	24-Dec 10 minute warmup + stretch + 4 minute push es @ 4, 16, 24 minute marks (row light between intervals)	25-Dec	26-Dec 10 minute warmup + stretch + 9K at a steady pace or 2000 meter piece with extra warmup and cool down	27-Dec

MACRO-CYCLE #2

	Mon	Tuesday SPRINTS	Wed	Thursday INTERVALS	Fri	Saturday DISTANCE	Sun
EASY WEEK	28-Dec	29-Dec 10 minute warmup + stretch + 1 minute sprints @ 10, 15, 20 minute marks (row light between sprints)	30-Dec	31-Dec 10 minute warmup + stretch + 4 minute pushes @ 4, 20 minute marks (row light between intervals)	1-Jan	2-Jan 10 minute warmup + stretch + 6k at steady pace	3-Jan
HARD WEEK	4-Jan	5-Jan 10 minute warmup + stretch + 90 second sprints @ 5, 10, 15, 20 minute marks (row light between sprints)	6-Jan	7-Jan 10 minute warmup + stretch + 5 minute pushes @ 5, 15, 25 minute marks (row light between intervals)	8-Jan	9-Jan 10 minute warmup + stretch + 8k at steady pace or 2000m piece with extra warmup & cool down	10-Jan
HARDER WEEK	11-Jan	12-Jan 10 minute warmup + stretch + 90 second sprints @ 5, 10, 15, 20, 25 minute marks (row light between sprints)	13-Jan	14-Jan 10 minute warmup + stretch + 5 minute pushes @ 5, 15, 25 minute marks (row light between intervals)	15-Jan	16-Jan 10 minute warmup + stretch + 9K at a steady pace	17-Jan
HARDEST WEEK	18-Jan	19-Jan 10 minute warmup + stretch + 90 second sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	20-Jan	21-Jan 10 minute warmup + stretch + 5 minute pushes @ 5, 15, 25 minute marks (row light between intervals)	22-Jan	23-Jan 10 minute warmup + stretch + 10K at a steady pace or 2000 meter piece with extra warmup and cool down	24-Jan

MACRO-CYCLE #3

	Mon	Tuesday SPRINTS	Wed	Thursday INTERVALS	Fri	Saturday DISTANCE	Sun
EASY WEEK	25-Jan	26-Jan 10 minute warmup + stretch + 1 minute sprints @ 10, 15, 20 minute marks (row light between sprints)	27-Jan	28-Jan 10 minute warmup + stretch + 4 minute pushes @ 4, 20 minute marks (row light between intervals)	29-Jan	30-Jan 10 minute warmup + stretch + 6k at steady pace	31-Jan
HARD WEEK	1-Feb	2-Feb 10 minute warmup + stretch + 2 minute sprints @ 5, 10, 15, 20 minute marks (row light between sprints)	3-Feb	4-Feb 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24 minute marks (row light between intervals)	5-Feb	6-Feb 10 minute warmup + stretch + 9k at steady pace or 2000m piece with extra warmup & cool down	7-Feb
HARDER WEEK	8-Feb	9-Feb 10 minute warmup + stretch + 2 minute sprints @ 5, 10, 15, 20, 25 minute marks (row light between sprints)	10-Feb	11-Feb 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24 minute marks (row light between intervals)	12-Feb	13-Feb 10 minute warmup + stretch + 9K at a steady pace	14-Feb
HARDEST WEEK	15-Feb	16-Feb 10 minute warmup + stretch + 2 minute sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	17-Feb	18-Feb 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24 minute marks (row light between intervals)	19-Feb	20-Feb 10 minute warmup + stretch + 10K at a steady pace or 2000 meter piece with extra warmup and cool down	21-Feb

MACRO-CYCLE #4

	Mon	Tuesday SPRINTS	Wed	Thursday INTERVALS	Fri	Saturday DISTANCE	Sun
EASY WEEK	22-Feb	23-Feb 10 minute warmup + stretch + 1 minute sprints @ 10, 15, 20 minute marks (row light between sprints)	24-Feb	25-Feb 10 minute warmup + stretch + 4 minute pushes @ 4, 20 minute marks (row light between intervals)	26-Feb	27-Feb 10 minute warmup + stretch + 6k at steady pace	28-Feb
HARD WEEK	1-Mar	2-Mar 10 minute warmup + stretch + 1 minute sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	3-Mar	4-Mar 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24, 34 minute marks (row light between intervals)	5-Mar	6-Mar 10 minute warmup + stretch + 9k at steady pace or 2000m piece with extra warmup & cool down	7-Mar
HARDER WEEK	8-Mar	9-Mar 10 minute warmup + stretch + 90 second sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	10-Mar	11-Mar 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24, 34 minute marks (row light between intervals)	12-Mar	13-Mar 10 minute warmup + stretch + 10K at a steady pace	14-Mar
HARDEST WEEK	15-Mar	16-Mar 10 minute warmup + stretch + 2 minute sprints @ 5, 10, 15, 20, 25, 30 minute marks (row light between sprints)	17-Mar	18-Mar 10 minute warmup + stretch + 6 minute pushes @ 4, 14, 24, 34 minute marks (row light between intervals)	19-Mar	20-Mar 10 minute warmup + stretch + 10K at a steady pace or 2000 meter piece with extra warmup and cool down	21-Mar