

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

## MACRO-CYCLE #2

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

## MACRO-CYCLE #3

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

## MACRO-CYCLE #4

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