

Training Plan Summer (8 Weeks)

Monday: Max Weights (Maxkraft)

Tuesday: Ergo: 75-90 min.

Wednesday: Max Weights

Thursday: Ergo: 75-90 min.

Friday: Fast Weights (Schnellkraft) + 45 min. Ergo

Saturday: 1st Session: Max Weights; 2nd Session: Run: 60 min.

Sunday: off

Some of you might have access to some good coaching at your clubs and maybe you've already been given a training plan. If so, follow your club's training regime. If not, you can use this suggestion for a summer training plan.

Do the ergos in UT2 range, low rating and relatively slow split times. You can also run or cycle instead of the ergos, but make sure you're doing the extended ergo at least once a week. If you have the opportunity, do the endurance sessions on the water. And you can also skip a weights session if you have the chance to row at that day instead. When going out on the water include some technique exercises.

The rationale is to build up muscle and basic endurance, so we can then take these foundations next season to work on the muscle endurance and 2k ergo fitness.

Eat plenty of protein after the max weights sessions (egg, steak, fish). Apart from that the usual rowing nutrition (low fat, high carb).

Make sure you have a proper rest period of 10-14 days during the summer; i.e. no excersises at all (some light running or some fun water sessions are okay if you can't live without excersises, but make sure it's not strenuous). This is to avoid fatigue and to reduce injury risk during the next season.

If you have any questions regarding the training plan or the weights exercises, please give a ring or send an e-mail.