

5 Month Head of the Charles Training Plan

Warning: Only do these workouts if you are already in decent shape. If you aren't you will either get injured or The best advice I can give: STRETCH!!!!!! STRETCH!!!!!!

Week of:	Load	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)	Saturday (6)	Sunday (7)	Approximate Times
5.16	Medium	1' on/1' off x 10 x 2, 3' rest between sets rate 32-34 60' SS	37' MLSS 30' Rate 24, split = kg x 3.5 watts TEST*	Weights 1 40" on/20" off x 8 x 3, 3' rest between sets, rate 32-34	Weights 2 60' SS	Plyometrics + 50' SS Plyometrics + 50' SS	2' on/2' off x 5 rates 28/30/32/30/28 3' on/3' off x 3-4 rates 28/30/32/30	Active Recovery	63+65+50+60+60+40+30=6hr 5min 50+65+50+60+60+40+30=5hr 55min
5.23	Medium	40" on/20" off x 8 x 2, 3' rest between sets, rate 32-34	60' SS	Weights 1	50' SS	50' SS + Power	2' on/2' off x 3 rates 30/32/34	Active Recovery	40+60+60+50+60+30=5hrs
5.30	Recovery	1' on/1' off x 10 x 2, 3' rest between sets rate 32-34	Monster	Weights 2	60' SS	Plyometrics + 50' SS	1500m/1000/500/500, rest 10/10/5' max rate	Active Recovery	60+60+50+60+60+60+30=6hrs 20min
6.06	Medium	40" on/20" off x 8 x 3, 3' rest between sets, rate 32-34	37' MLSS	Weights 2	60' SS	Erg/Bungee + 50' SS	1500m/1000/500/500, rest 10/10/5' max rate	Active Recovery	50+65+50+60+60+60+30=6hrs 25min
6.13	Medium	60' SS	30' Rate 24, split = kg x 3.5 watts TEST*	1' on/1' off x 15 x 2, 3' rest between sets rate 32-34	Weights 3	Plyometrics + 50' SS	1500m/1000/1000/500/500, rest 10/10/5/5' max rate	Active Recovery	70+65+50+60+60+60+30=6hrs 35min
6.20	Heavy	40' Light SS	Warmup, 2x500/1x250, 2k rate, 5' rest, cool down	Weights 1	50' SS	30' SS + 3 x 30 strokes on/20 off @ race rate	Optional 1x2000m TEST or 1000/1000/500 rest 10/5' max rate	Active Recovery	40+65+35+50+30+30+30=4hrs 40min
6.27	Recovery	2' on/2' off x 5 rates 28/30/32/30/28	Monster	Weights 2	60' SS	Erg/Bungee + 50' SS	3' on/3' off x 3	Active Recovery	40+65+60+60+50+40+30=5hr 45min
7.04	Medium	2' on/2' off x 5 rates 28/30/32/30/28	37' MLSS	Weights 3	60' SS	Plyometrics + 50' SS	3' on/3' off x 4	Active Recovery	40+65+50+60+60+50+30=5hr 55min
7.11	Heavy	40" on/20" off x 8 x 3, 3' rest between sets, rate 32-34	30' Rate 24, split = kg x 3.5 watts	Weights 3	60' SS	Erg/Bungee + 50' SS	1500m/1000/1000/500/500, rest 10/10/5/5' max rate	Active Recovery	50+65+50+60+50+60+30=6hr 5min
7.18	Heavy	40' Light SS	Warmup, 1x 2000/1x1000, 7' rest, 5k rate, cool down	Weights 1	50' SS	30' SS + 3 x 30 strokes on/20 off @ race rate	1x5000m TEST	Active Recovery	40+65+35+50+30+30+30=4hrs 40min
7.25	Recovery	2' on/2' off x 6 rates 28/30/30/32/30/28	Monster	Weights 2	60' SS	Plyometrics + 50' SS	4x4000m 24/28, alternating rate every 500m for 2,4, 24 for 1,3, 5' rest	Active Recovery	40+65+60+60+60+90+30=6hr 45min
8.01	Heavy	3' on/3' off x 3 rate 28/30/32	37' MLSS	Weights 4	60' SS	Erg/Bungee + 50' SS	4x4000m 24/28, alternating rate every 500m for 2,4, 24 for 1,3, 5' rest	Active Recovery	40+65+50+60+50+90+30=6hr 25min
8.08	Heavy	40" on/20" off x 8 x 3, 3' rest between sets, rate 32-34	30' Rate 24, split = kg x 3.5 watts	Weights 5	60' SS	Erg/Bungee + 50' SS	4x4000m 24/28, alternating rate every 500m for 2,4, 24 for 1,3, 5' rest	Active Recovery	50+65+50+60+50+90+30=5hr 45min
8.15	Heavy	40' Light SS	Warmup, 1x 2000/1x1000, 7' rest, 5k rate, cool down	Weights 4 (only 4 sets)	50' SS	30' SS + 3 x 30 strokes on/20 off @ race rate	1x5000m TEST	Active Recovery	40+65+35+50+30+30+30=4hrs 40min
8.22	Recovery	3' on/3' off x 3-4 rate 28/30/32/32	Monster	Weights 5	60' SS	Plyometrics + 50' SS	4x1500 rates 26/28/30 on 1,2,4 28/30/32 on 3 raising every 500m, 4' rest	Active Recovery	45+65+60+60+70+50+30=6hr 20min
8.29	Medium	3' on/3' off x 4 rate 28/30/32/34	37' MLSS	Weights 5	60' SS	Erg/Bungee + 50' SS	5x1500 rates 26/28/30 for 1,3,5 28/30/32 on 2,4 raising every 500m, 5' rest	Active Recovery	45+65+50+60+50+60+30=6hr 5min
9.05	Heavy	40" on/20" off x 8 x 3, 3' rest between sets, rate 32-34	30' Rate 24 for best distance	Weights 6	60' SS	Erg/Bungee + 50' SS	6x1500 rates 26/28/30 for 1,3,5 28/30/32 on 2,4,6 raising every 500m, 5' rest	Active Recovery	50+65+50+60+50+70+30=6hr 15min
9.12	Heavy	40' Light SS	Warmup, 1x 2000/1x1000, 7' rest, 5k rate, cool down	Weights 4	50' SS	30' SS + 3 x 30 strokes on/20 off at race rate	1x5000m TEST	Active Recovery	40+65+35+50+30+30+30=4hrs 40min
9.19	Recovery	3' on/3' off x 3-4 rate 30/32/32/32	Monster	Weights 6	60' SS	Plyometrics + 50' SS	3x2000 rates 28/30/32 fixed rate for each piece, 6' rest	Active Recovery	45+65+60+60+70+55+30=6hr 25min
9.26	Medium	3' on/3' off x 4 rate 30/32/34/32	37' MLSS	Weights 6	60' SS	Erg/Bungee + 50' SS	4x2000 rates 28/30/30/32 fixed rate for each piece, 6' rest	Active Recovery	45+65+50+60+50+70+30=6hr 10min
10.03	Heavy	40" on/20" off x 8 x 3 rate 32-34	30' Rate 24 for best distance	Weights	60' SS	50' SS + 10 x Flying Starts, 2' paddle between	4x2000 rates 28/30/32/32 fixed rate for each piece, 6' rest	Active Recovery	50+65+50+60+50+70+30=6hr 15min
10.10	Heavy								

5 Month Head of the Charles Training Plan

10.17	Recovery	40-60' SS	30' SS + 1/2 Power	race warmup, 2000/1000 race rate w/ flying starts, 10' rest, 30' cooldown	race warmup, 1000m/30 strokes on/30 off x 6, race rate, treat as continuous flying starts, 7 min SS after 1K, 30' cooldown	30' SS + 3 Flying starts/settle	HOCR	HOCR	Total time average: 352min/week or 5hr 52min/week. All daily workout times include 10' warmup and 10' cooldown. Workouts alone average closer to 300 min or 5hr/week. Do 5' warmup and 5' cooldown if you are pressed for time.
-------	----------	-----------	--------------------	---	--	---------------------------------	------	------	---

Explanation (1)	Explanation (2)	Explanation (3)	Explanation (4)	Explanation (5)	Explanation (6)	Explanation (7)	Power Workouts
All SS should be technical rowing. Which is to say, at light pressure and focused on power dynamics but not power application.	Monster: (courtesy of Tom Bohrer) Set erg for 25'. Row EXACTLY 5' at EXACTLY 2:10 split, then row at 10 splits below the average displayed for 20'/ rest 7" then 5 x 1'40 on/ 20" off at final pace. Adjust original split if you are faster or slower. Decrease starting split over time. Starting split is for heavy man in decent shape.	Weights: See weight workouts below	SS should be non-rowing modality through 7.25	SS should be non-rowing modality through 8.22	Rates indicated are scaled down. If possible, do all, or as many, pieces as possible at highest indicated rate when rate is indicated.	Active recovery; 20' 30' of very light work, non-rowing, STRETCH!	<b>Power Workouts</b> Power Erg: Mcneely protocol. Set erg on watts. Record max wattage for 8-10 strokes. Rest. Row 10" at rate 38-40 for max wattage, rest 1'. Drag race drag +10-20. When you fail to hit 90% of original wattage for any of the 8-10 strokes, rest 5" and continue. Do 20 total sets.
Rates indicated are scaled down. If possible, do all, or as many, pieces as possible at highest indicated rate when rate is indicated.	* Ideally, for 30' piece pull at weight in kg, x 3.5 watts. If you can't, start at a lower number and work upward to 3.5. If you can do 3.5 watts/kg, try 3.6 or 3.7, etc. If you are pulling a 30' TEST pick a wattage/kg you think you can hold. Try for the highest possible wattage at rate 24 (higher than 3.5 if possible). An even split throughout will yield the fastest score.  MLSS piece should be consistent pace. Should feel like the middle of a 10k running race in terms of intensity.	Flying starts are the kind of starts done at the beginning of a headrace. Row to rate, 20 high, settle 10.	Flying starts are the kind of starts done at the beginning of a headrace. Row to rate, 20 high, settle 10.	Power: See power workouts to right	When rate is not indicated do pieces at 32-34.	Bungee Row. If you have a single or pair, put a bungee or drag a can behind the boat and do the Power Erg workout on the water. Else do Power Erg.	Place day number 7 on the day you wish to rest, then follow with days 1-6. Don't worry about following the day of the week.
				Flying starts are the kind of starts done at the beginning of a headrace. Row to rate, 20 high, settle 10.			Plyometrics: 6 x 7-10 frog jumps, ass to ankles, maximum force at end of jump. STOP AS SOON AS YOU FEEL YOU ARE NOT JUMPING WITH FULL FORCE. Monitor distances, look for increased distance. Medicine ball throws. As in Romanian Dead Lift, legs w/ slight bend, back firm and straight, arms extended, pick up medicine ball and throw it directly upwards as high as possible (keep arms straight). Notice on wall how high ball goes, look for increased height. 6 x 10 reps. Alternate between jumps and throws, rest 90" after doing each pair.

**Weights 1**

- Pairs:
- Deadlift Core
- Leg Press Military Press
- Seated Row Inclined Press
- Bench Pull Shrugs
- Leg Extension Misc. Shoulder/Chest
- Glutes/Hamstring Core

3 sets of 10-12 reps

Do lifts in pairs, 60" rest after pair, 2-3' rest after group  
10' warmup, 6 x 1' on/1' off at rate 12 on erg with 200+ drag

**Weights 4**

- Pairs:
- Clean Core
- Leg Press Military Press
- Seated Row Inclined Press
- Bench Pull Core
- Back Extension w/ Weight Optional
- 6 sets of 5 reps at 70% of 1RM, MAXIMUM SPEED within rep, brisk repetition of reps 4 sets of 12 reps as with Weights 1-3
- 10' warmup, 6 x 10 strokes (3 to build + 7), 1' rest, rate 32, drag 200

**Weights 5**

Pairs:

## 5 Month Head of the Charles Training Plan

### Weights 2

Pairs:  
 Deadlift Core  
 Leg Press Military Press  
 Seated Row Inclined Press

Bench Pull Shrugs

Leg Extension Misc. Shoulder/Chest  
 Glutes/Hamstring Core  
 4 sets of 10-12 reps

Do lifts in pairs, 60"  
 rest after pair, 2-3'  
 rest after group  
 10' warmup, 6 x 1'  
 on/1' off at rate 12  
 on erg with 200+  
 drag

### Weights 3

Pairs:  
 Deadlift Core

Leg Press Military Press

Seated Row Inclined Press  
 Bench Pull Shrugs

Leg Extension Misc. Shoulder/Chest  
 Glutes/Hamstring Core  
 5 sets of 10-12 reps

Do lifts in pairs, 60"  
 rest after pair, 2-3'  
 rest after group  
 10' warmup, 6 x 1'  
 on/1' off at rate 12  
 on erg with 200+  
 drag

Clean  
 Leg Press Military Press  
 Seated Row Inclined Press  
 Bench Pull Core  
 Back Extension w/ Weight Optional  
 6 sets of 6 reps at 65% of 1RM, 4 sets of 12 reps as  
 MAXIMUM SPEED within rep, with Weights 1-3  
 brisk repetition of reps  
 10' warmup, 6 x 10 strokes (3 to  
 build + 7), 1' rest, rate 32, drag 200

### Weights 6

Pairs:

Clean Core

Leg Press Military Press

Seated Row Inclined Press  
 Bench Pull Core  
 Back Extension w/ Weight Optional  
 6 sets of 7 reps at 60% of 1RM, 4 sets of 12 reps as  
 MAXIMUM SPEED within rep, with Weights 1-3  
 brisk repetition of reps  
 10' warmup, 6 x 10 strokes (3 to  
 build + 7), 1' rest, rate 32, drag 200

Do all Weights 4-6 lifts in pairs,  
 1.5' rest after each pair, no rest  
 between groups, maximum force  
 of movement! If you don't know  
 the lift (especially dead lifts and  
 cleans) don't do it. You will get  
 injured. Substitute with Jumps with  
 dumbbells in hand.