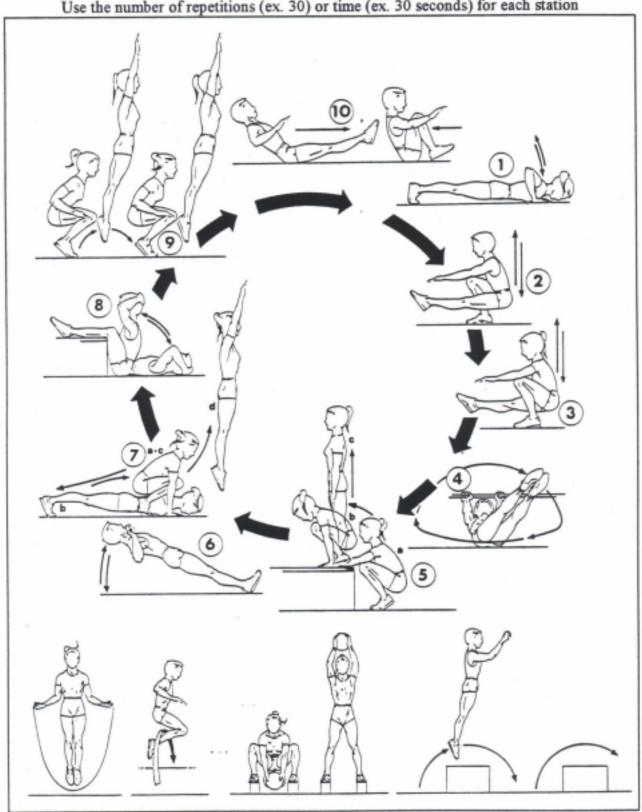
Appendix B Circuit Training - Body Circuit

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



Appendix C

Weight Training Exercises Endurance Strength Programme

Start with 30-40 repetitions (2 series) and increase to the indicated

maximum number of repetitions and series.

ша	ximum number of repetitions and seri	ics.
A.	Exercises A and B Load: 40 to 50% of max Series: 2 to 3 Repetitions: 60 to 80 Recovery: 3 to 4 minutes	В.
c.	Exercises C and D Load: 40 to 50% of max Series: 2 to 3 Repetitions: 60 to 80 Recovery: 3 to 4 minutes	D.
E.	Exercises E and F Load: 0 to 5 kilogrammes Series: 2 to 3 Repetitions: 40 to 50 Recovery: 2 to 3 minutes	F.

Appendix D

Weight Training Exercises Maximal Strength Programme

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

A.	В.
c.	D.
E.	F.

Daily Training Programme - Club and Juniors

Month:

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

Daily Training Programme - Club and Juniors

			Pulse			
ay	Programme	Recovery	Rate	% Max	Rate	Km
	Month one is the mont	h of active rest foll	owing the	e competition	season.	
	Active rest refers to rec	covery through leis	ure activi	ities. This wil	1	
	provide physical and n	nental relaxation fr	om the pr	rior competiti	on season	
	and allows the athlete,	coach and organization	ation to p	repare for		
	the next season.					
	This period is also an o	opportunity to revie	ew and re	vise the train	ng	
	programme of the prev	•			······································	
	with evaluating the ach		-	-	<u>o</u> r	
	new training objectives				>	
	There is also the oppor	•				
	levels of the athlete and	-			terventions	
	that may have been del	layed during the pr	ior seasor	1.		
	One should also evalua	ate the rowing strok	ce used di	uring the prev	vious	
	season and determine v	_				
	The equipment should	be carefully inspec	ted and a	ny major rep	airs or	
	adjustment should be u					
	Finally, the athlete has			-	ing	
	fit and to prepare for the	sa atomt of amothems		:		

Month: 1

Daily Training Programme - Club and Juniors

Month: 2

		Pulse		Stroke	
Programme Rec	overy	Rate	% Max	Rate	Km
A) RunningB) Introduction to Strength TraininGeneral Strength	ıg (1)	130-150	65-75		6 to 10
A) Rowing - Steady State (2)		130-150	65-75	18-20	10 to 12
A) Running		130-150	65-75		8 to 10
B) Introduction to Strength Trainin - General Strength	ıg				
Free					
A) Running B) Introduction to Strength Trainin - General Strength	g	130-150	65-75		8 to 10
A) Rowing - Steady State		130-150	65-75	18-22	12 to 20
A) Rowing - Steady State		130-150	65-75	18-22	12 to 20
	A) Running B) Introduction to Strength Trainin - General Strength A) Rowing - Steady State (2) A) Running B) Introduction to Strength Trainin - General Strength Free A) Running B) Introduction to Strength Trainin - General Strength A) Rowing - Steady State	A) Running B) Introduction to Strength Training (1) - General Strength A) Rowing - Steady State (2) A) Running B) Introduction to Strength Training - General Strength Free A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength A) Rowing - Steady State	A) Running B) Introduction to Strength Training (1) - General Strength A) Rowing - Steady State (2) A) Running B) Introduction to Strength Training - General Strength Free A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength A) Rowing - Steady State 130-150	A) Running B) Introduction to Strength Training (1) General Strength A) Rowing - Steady State (2) A) Running B) Introduction to Strength Training General Strength A) Running B) Introduction to Strength Training General Strength Free A) Running B) Introduction to Strength Training General Strength A) Running B) Introduction to Strength Training General Strength A) Running B) Introduction to Strength Training General Strength A) Rowing - Steady State 130-150 65-75	A) Running B) Introduction to Strength Training (1) - General Strength A) Rowing - Steady State (2) A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength A) Running B) Introduction to Strength Training - General Strength 130-150 65-75 18-22

- 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

Dov	Рисанати	Doggra	Pulse	% Max	Stroke Rate	Km
Day	Programme	Recovery	Rate	% Wiax	Kate	KIII
Monday	A) RunningB) Strength Training- Maximal Strength		130-150	65-75		4 to 6
Tuesday	A) Rowing - Steady State or Running		130-150 130-150		18-22	12 to 16 8 to 12
Wednesday	A) RunningB) Strength Training- Maximal Strength		130-150	65-75		4 to 6
Thursday	A) Rowing - Steady State or Running		130-150 130-150		18-20	10 to 12 8 to 12
Friday	A) RunningB) 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

- 1) The rest between the 2×10 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

-	_	_	Pulse	0/ 7.5	Stroke	
Day	Programme	Recovery	Rate	% Max	Rate	Km
Monday	A) RunningB) Strength Training- Maximal Strength		130-150	65-75		4 to 6
Tuesday	A) Rowing - Steady State or Running		130-150 130-150		18-22	12 to 16 8 to 12
Wednesday	A) RunningB) Strength TrainingEndurance 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) RunningB) 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

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	Tecovery	130-150		Rute	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		130-150	65-75		4 to 6
	B) Running - "Short Intervals" 20"/10" x 10'-12' - 2 times C) Circuit Training - 2 series	3'-6'	180-190	90-95		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		130-150	65-75		4 to 6
	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			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

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		130-150	65-75		4 to 6
	B) Running - "Short Intervals' 20"/10" x 10'-12' - 2 series C) Circuit Training - 2 series	3'-6'	180-190	90-95		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		130-150	65-75		4 to 6
	3 x 5 min (up hill) or	3'-5'	180-190			8 to 10
	4 x 1000 m (flat land)	3'-4'	180-190	90-95		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

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 2×10 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

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

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

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

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		130-150	65-76	18-22	4 to 6
	B) Rowing - Intervals 3 - 4 x 5 minutes	4'-6'	180-190	90-95	28-30	12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals		130-150	65-75	18-22	4 to 6
	30 hard/20 easy strokes 8-10 x each set, 2 series	6'-8'	180-190	90-95	32-36	12 to 14
Thursday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Rhythm Variatio 2 - 3 x 4'-3'-2'-1'	ns 8'-10'	180-190	90-95	24-30	12 to 14
Friday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Rhythm Variatio 5 - 6 x 1'-1'-1'	ns 4'-6'	180-190	90-95	32-36	12 to 14
Saturday	A) Rowing warm-up B) Rowing - Short Intervals 17 hard/5 easy strokes		130-150	65-75	18-22	4 to 6
	10-12 x each set, 2 series	6'-10'	180-190	90-95	<34>	10 to 12
Sunday	A) Rowing warm-up B) Rowing - Intervals		130-150	65-75	18-22	4 to 6
	2 x 1500 meters	10'-12'	180-190	90-95	32-34	8 to 10

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

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

Months: 10, 11 and 12

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

			Pulse		Stroke	
Day	Programme	Recovery	Rate	% Max	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
	n a do meters	- 3	1,11,11,1	111111	111111	0.00
2)	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
	B) Rowing - Speed Training		150 150	05 75	10 22	1 10 0
	2 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
	2 X 1000 mus	4 0	1417 121	1417 171	1411 121	0 10 0
Sunday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
•	B) Rowing - Speed Training		150 150	05 75	10 22	1 10 0
	2 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
	C) Rowing - Steady State	1 0	130-150	65-75	18-22	8 to 10
	C) Rowing Steady State		130 130	03 73	10 22	0 to 10
Monday	A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
Wionday	11) Ito wing Steady State		150 150	05 75	10 22	10 to 20
Tuesday	A) Rowing warm-up		130-150	65-75	18-22	4 to 6
•	B) Rowing - Intervals		150 150	00 70	10 22	
	2 - 3 x 5 min	4'-6'	180-190	90-95	28-32	8 to 10
	2 0 11 0 111111	. 0	100 170	, , , ,	20 02	0 00 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
	111 1000 111 1 11 10 00 111		1,11,11	.,		0 00
Thursday	A) Rowing Fartlek (1)		130-180	65-95	18-34	10 to 12
	,8 (-,					
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
,	, 6 ()					
Saturday	Race					
Sunday	Race					
ĺ						

^{1) &}quot;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:

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

Daily Training	Programme -	National National	Team
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Daily Tra	y Training Programme - National Team			Month: 1		
			Pulse		Stroke	
Day	Programme	Recovery	Rate	% Max	Rate	Km
	Month one is the month Active rest refers to recoprovide physical and me and allows the athlete, of the next season.	overy through leisurental relaxation from	e activitienthe the prior	s. This will competition		
	This period is also an opprogramme of the previous with evaluating the achinew training objectives	ous season, if necessievements of that sea	sary, in co	njunction	9	
	There is also the opport levels of the athlete and	procede with any co	orrective r		ventions	
	that may have been dela	ayed during the prior	season.			
	One should also evaluate	te the rowing stroke	used durii	ng the previo	ous	
	season and determine w	hether any correctio	ns are nec	essary.		
	The equipment should be un	• •	•	major repair	s or	
	Finally, the athlete has a	an opportunity to enj	joy the fee	eling of being	3	
	fit and to prepare for the	44 - C 41		-		

Daily Training Programme - National Team

Month: 2	M	on	th	:	2
----------	---	----	----	---	---

			Pulse		Stroke	
Day	Programme	Recovery	Rate	% Max	Rate	Km
Monday	A) RunningB) Strength TrainingGeneral 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) RunningB) Strength TrainingGeneral Strength		130-150	65-75		6 to 10
Thursday	Free					
Friday	A) RunningB) Strength TrainingGeneral 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

¹⁾ The rest between the 2×10 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) &#}x27;= seconds, "= minutes.

Daily Training Programme - National Team

Month: 3

			Pulse		Stroke	
Day	Programme	Recovery	Rate	% Max	Rate	Km
Monday	A) Running warm-upB) 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) RunningB) 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

¹⁾ The rest between the 2×10 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

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

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

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

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

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

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

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

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

			Pulse		Stroke	
Day	Programme	Recovery	Rate	% Max	Rate	Km
Monday	A) Rowing - Steady StateB) Strength Training- Maximal Strength		130-150	65-75	18-22	16 to 20
Tuesday	A) Rowing warm-up B) Rowing - Intervals		130-150	65-76	18-22	4 to 6
	4 x 5 minutes	4'-6'	180-190	90-95	28-32	12 to 14
Wednesday	A) Rowing warm-up B) Rowing - Short Intervals 30 hard/15 easy strokes		130-150	65-75	18-22	4 to 6
	12 x each set, 2 series	6'-8'	180-190	90-95	32-36	12 to 14
Thursday	A) Rowing warm-up B) Rowing - Intervals		130-150	65-75	18-22	4 to 6
	3 x 12 minutes	8'-10'	170-180	85-90	28-30	12 to 14
Friday	A) Rowing warm-up B) Rowing - Rhythm Variations	S	130-150	65-75	18-22	4 to 6
	3 x 3'-2'-1'-1'	8'-10'	170-190	85-95	30-36	10 to 14
Saturday	A) Rowing warm-upB) Rowing - Short Intervals17 hard/5 easy strokes		130-150	65-75	18-22	4 to 6
	20 x each set, 2 series	6'-10'	180-190	90-95	<34>	12 to 14
Sunday	A) Rowing warm-up B) Rowing - Model Training		130-150	65-75	18-22	4 to 6
	2 x 2000 meters	10'-15'	180-190	90-95	32-34	8 to 10

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

Tuesday A) Rowin B) Rowin 4 x 5 min 2) A) Rowin Wednesday A) Rowin B) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin 3 x 12 min 2) A) Rowin Friday A) Rowin B) Rowin	ng - Steady State ng warm-up ng - Intervals	Recovery	Rate 130-150 130-150	% Max 65-75 65-76	Rate 18-22	Km 16 to 20
Tuesday A) Rowin B) Rowin 4 x 5 min 2) A) Rowin Wednesday A) Rowin B) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin B) Rowin 3 x 12 min 2) A) Rowin Friday A) Rowin B) Rowin B) Rowin B) Rowin B) Rowin B) Rowin	ng warm-up ng - Intervals nutes	4'-6'				16 to 20
B) Rowin 4 x 5 min 2) A) Rowin Wednesday A) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin 3 x 12 min 2) A) Rowin Friday A) Rowin B) Rowin B) Rowin B) Rowin B) Rowin B) Rowin B) Rowin	ng - Intervals	4'-6'	130-150	65-76		
4 x 5 mir 2) A) Rowin Wednesday A) Rowin B) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin B) Rowin 3 x 12 mi 2) A) Rowin Friday A) Rowin B) Rowin	nutes	4'-6'			18-22	4 to 6
2) A) Rowin Wednesday A) Rowin B) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin B) Rowin 3 x 12 mm 2) A) Rowin Friday A) Rowin B) Rowin A) Rowin B) Rowin		T -U	180-190	90-95	28-32	12 to 14
B) Rowin 30 hard/1 12 x each 2) A) Rowin Thursday A) Rowin B) Rowin 3 x 12 m 2) A) Rowin Friday A) Rowin B) Rowin		-	150-170	75-85	22-26	16 to 20
12 x each 2) A) Rowin Thursday A) Rowin B) Rowin 3 x 12 m 2) A) Rowin Friday A) Rowin B) Rowin	ng warm-up ng - Short Intervals 5 easy strokes		130-150	65-75	18-22	4 to 6
Thursday A) Rowin B) Rowin 3 x 12 m 2) A) Rowin Friday A) Rowin B) Rowin	set, 2 series	6'-8'	180-190	90-95	32-36	12 to 14
B) Rowin 3 x 12 m 2) A) Rowin Friday A) Rowin B) Rowin	ng - Steady State		150-170	75-85	22-26	16 to 20
3 x 12 m 2) A) Rowin Friday A) Rowin B) Rowin	ng warm-up ng - Intervals		130-150	65-75	18-22	4 to 6
Friday A) Rowin B) Rowin	-	8'-10'	170-180	85-90	28-30	12 to 14
B) Rowin	ng - Steady State		150-170	75-85	22-26	16 to 20
	ng warm-up ng - Rhythm Variation	ıs	130-150	65-75	18-22	4 to 6
3 x 3'-2'-		8'-10'	170-190	85-95	30-36	10 to 14
2) A) Rowin	ng - Steady State		150-170	75-85	22-26	16 to 20
B) Rowin	ng warm-up ng - Short Intervals s easy strokes		130-150	65-75	18-22	4 to 6
	set, 2 series	6'-10'	180-190	90-95	<34>	12 to 14
	ng - Steady State		150-170	75-85	22-26	16 to 20
•	ng warm-up ng - Model Training		130-150	65-75	18-22	4 to 6
2 x 2000	-	10'-15'	180-190	90-95	32-34	8 to 10

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

Programme A) Rowing warm-up	Recovery	Pulse Rate	% Max	Stroke Rate	T 7
3	Recovery	Rate	% Max	Data	T 7
A) Rowing warm-up			70 111421	Kate	Km
11) Rowing warm up		130-150	65-75	18-22	4 to 6
B) Rowing - Speed Training		130-130	05-75	10-22	7100
	2'-3'	MAX	MAX	MAX	6 to 8
	2 3				4 to 6
_		130-130	05-15	10-22	4100
	4'-6'	MAX	MAX	MAX	6 to 8
3 X 1000 IIII3	4 0	1717 171	1417 12 1	1417 17 1	0 10 0
A) Rowing warm-up		130-150	65-75	18-22	4 to 6
B) Rowing - Speed Training					
3 x 1000 mtrs	4'-6'	MAX	MAX	MAX	6 to 8
A) Rowing - Steady State		130-150	65-75	18-22	12 to 16
A) Rowing - Steady State		130-150	65-75	18-22	16 to 20
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
A) Rowing - Steady State		130-150	65-75	18-22	4 to 6
				-	
1 x 1000 m + 1 x 1500 m	8'	MAX	MAX	MAX	6 to 8
A) Rowing - Steady State		130-150	65-75	18-22	12 to 16
A) D ' E (1.1.71)		120 100	65.05	10.24	10 / 12
_					10 to 12
A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
A) Rowing - Fartlek (1)		130-180	65-95	18-34	10 to 12
Race					
Race					
	6 x 500 meters A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs A) Rowing - Steady State A) Rowing - Steady State A) Rowing - Steady State A) Rowing warm-up B) Rowing - Intervals 2 - 3 x 5 min A) Rowing - Steady State B) Rowing - Speed Training 1 x 1000 m + 1 x 1500 m A) Rowing - Steady State A) Rowing - Fartlek (1) Race	A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs 4'-6' A) Rowing - Speed Training 3 x 1000 mtrs A) Rowing - Steady State A) Rowing - Steady State A) Rowing - Intervals 2 - 3 x 5 min 4'-6' A) Rowing - Steady State B) Rowing - Speed Training 1 x 1000 m + 1 x 1500 m A) Rowing - Steady State A) Rowing - Fartlek (1) Race	6 x 500 meters A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs 4'-6' MAX A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs 4'-6' MAX A) Rowing - Speed Training 3 x 1000 mtrs A) Rowing - Steady State A) Rowing - Steady State A) Rowing warm-up B) Rowing - Intervals 2 - 3 x 5 min 4'-6' A) Rowing - Steady State B) Rowing - Speed Training 1 x 1000 m + 1 x 1500 m A) Rowing - Fartlek (1) Backeticked Table 130-180 Backeticked Training 1 x 1000 m + 1 x 1500 m B' MAX B'	6 x 500 meters 2'-3' MAX MAX A) Rowing warm-up 130-150 65-75 B) Rowing - Speed Training 4'-6' MAX MAX A) Rowing warm-up 130-150 65-75 B) Rowing - Speed Training 4'-6' MAX MAX A) Rowing - Speed Training 4'-6' MAX MAX A) Rowing - Steady State 130-150 65-75 A) Rowing warm-up 130-150 65-75 B) Rowing - Intervals 2 - 3 x 5 min 4'-6' 180-190 90-95 A) Rowing - Steady State 130-150 65-75 65-75 B) Rowing - Steady State 130-150 65-75 65-75 A) Rowing - Steady State 130-150 65-75 65-75 A) Rowing - Fartlek (1) 130-180 65-95 A) Rowing - Fartlek (1) 130-180 65-95 A) Rowing - Fartlek (1) 130-180 65-95 Race	6 x 500 meters A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs 4'-6' MAX MAX MAX MAX MAX A) Rowing warm-up B) Rowing - Speed Training 3 x 1000 mtrs 4'-6' MAX MAX MAX MAX MAX A) Rowing - Speed Training 3 x 1000 mtrs 4'-6' MAX MAX MAX MAX MAX A) Rowing - Steady State A) Rowing - Steady State 130-150 65-75 18-22 A) Rowing warm-up B) Rowing - Intervals 2 - 3 x 5 min 4'-6' 180-190 90-95 28-32 A) Rowing - Steady State B) Rowing - Steady State C) A) Rowing - Steady State C) B) Row

Notes:

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.

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

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