

RIVERSPORT

2024 Indoor Rowing Challenge Training Plan

We're excited you've decided to join us in training for the 2024 Indoor Rowing Challenge! Here's some info to help you as you get started. *As with all fitness plans, please check with your physician before you begin!*

We have four possible races to train for

- 500m Sprint
- 1000m race
- 2000m race
- 4 x 1000m Team Relay

As you begin your workouts, choose which race you will row. The last few HIIT workouts will have you practicing your race to allow you to hone-in on your best rate and pace.

1. Training Plan Explanation

An indoor rowing (ergometer or erg) race is about energy management.

For any race distance, the fastest time will be produced by rowing at an even expenditure of energy throughout the distance. Rowing a fast race is about finding the pace you can maintain through the race so you completely run out of energy exactly when the race ends, but not before. Using more energy than you can exactly sustain through the race will result in you slowing down as the race progresses, resulting in a slower overall time.

In a 2000m race, about 80% of the energy needed is provided by the aerobic system and about 20% by other metabolic pathways. Consequently, this plan spends about 80% of practice time developing aerobic function and about 20% working on High Intensity Intervals to determine your race-pace and develop your ability to row the entire race at exactly that pace.

Training aerobic capacity is best accomplished by training at a level of effort where energy is produced in equal amounts by fat metabolism and sugar metabolism. This level of intensity can be determined by subtracting your age from 180 and using that figure as a heart rate target. Alternately, you can use level 4.5 of the Perceived Rate of Exertion chart which you can download from our website. For technical information about the methodology, you can search "maffetone white paper" on the web.

There are 4 MAF (Maximum Aerobic Function) workouts per week and one HIIT (High Intensity Interval Training) workout per week. Each workout consists of a warm-up, a work set and a cool-down. Take a 2 to 3 minute rest between the warm-up and the work set and between the work set and the cool-down. For aerobic workouts, the warm-up, the work set and the cool-down are all 70% Max Heart Rate/MAF workouts. For the HIIT workouts, the warm-up and the cool-down are MAF workouts and the HIIT workout is a set of intervals working up to a full-length race interval. Workouts are designed to be completed in one hour elapsed time per day.

2. How to Find your Race Pace.

Do a 10 minute warm-up. Rest for 3 minutes. Row for 1 minute as hard as you can on each stroke. Limit your stroke rate to no more than 26 to 28 strokes per minute. You will notice you start out very

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fast, and you will probably fade fast, too. Note the split at the beginning and just when you end. Average the two splits and use that split as your first target for your intervals. For example, If you begin at a 2:30 split and end at 3:10, the average will be around 2:50. When you do intervals on the plan, start at 2:50. If you maintain 2:50 through all the intervals, lower the split by 5 seconds for the next workout. If you cannot maintain a target split, go up 5 seconds in the next interval workout. The object is to find the pace you can row and finish the last split with the same split as the first interval, and yet be exhausted at the end of the workout.

3. Notes about the erg

- *Drag Factor:* The drag factor on the erg is independent of the amount of work indicated on the monitor. Setting the drag higher causes you to do more work to get the same reading on the monitor. Set the drag to the minimum necessary to keep you in the seat. The values should range from 85 to 125 as set on the monitor. The damper number on the side of the erg is not an accurate indication of drag, the only accurate way is to set the drag using the monitor, which is done by
 - Hit the Menu button,
 - Then More Options,
 - Then Display Drag Factor.
 - Row a few strokes until a number displays.
 - If the number is above 100, move the damper down
 - If the number is below 100, move the damper up
 - Repeat until the number is 100.
 - Hit the Menu button to exit
- *Setting the foot stretchers:* The level of the heels on the stretchers should be set so that your shins can be positioned perpendicular to the floor without splaying your knees out. Move the heels down to open the hips and increase flexibility.
- *Breaking the workout into intervals:* Break any long workouts into segments of about 10 minutes with rest between segments. This will allow you to recover and decrease the possibility of injury because you lose form as you become tired.

4. Good Luck! Train consistently, follow the workout plan, row your best!