![Concept 2 CTS logo]

The following 5K training program was developed by Concept 2 and TECOM and is designed for individuals who may not have a great deal of experience in rowing and who have limited time to train

Training for 5K Rowing Ergometer Test

Contents:
1) Workouts
2) Monitoring Progress
3) Understanding Pacing

1) Workouts

- Warm up prior to the workouts listed. The warm up should consist of 5 to 10 minutes of rowing that begins easily, builds to moderate intensity, and includes a few short bursts of higher intensity near the end.
- Strokes per minute should be maintained between 24 and 30 during the workouts.
- Each week includes 3 rowing workouts. We have included an optional 4th workout for those wishing to row 4 times per week. Off days should include optional cross-training exercise.
- For an 8 week training plan, follow Cycle 1 then Cycle 2.
- For a 12 week plan, follow Cycle 1 once and then Cycle 2 twice.
- For the interval workouts, "Rest" is defined as very easy, zero intensity rowing.
- ***Review the section below on Monitoring Progress. Average pace of prior workouts will be used to target workout intensity.
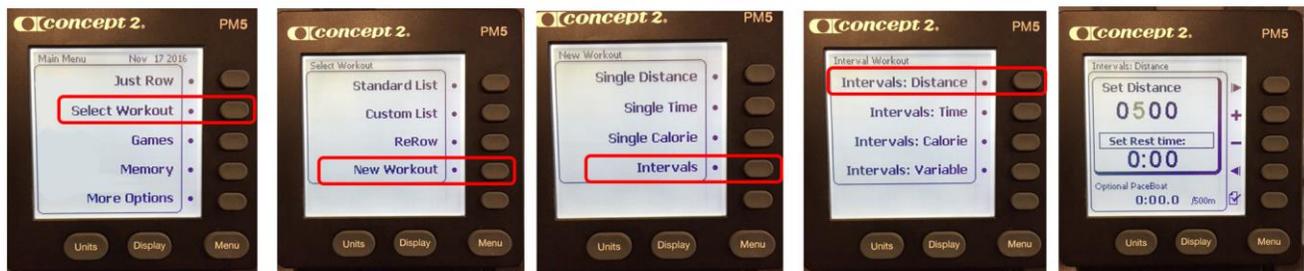
See Workouts on pages 3 & 4.
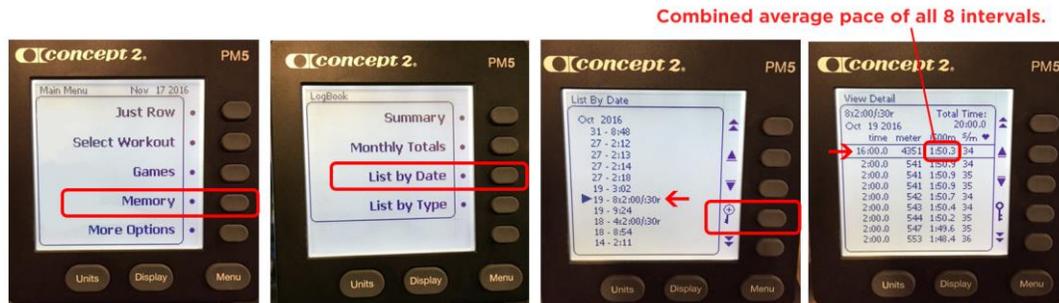
2) Monitoring Progress

This training plan is based on targeting your "average pace" for varying workouts. Learn how to use the monitor on the rowing ergometer, which automatically calculates your average pace for the workout.

For each of your workouts:

- After warming up, set up the workout using the "Select Workout" functions on the monitor.

- After completion, view the memory and note the average pace. This will be average pace of a single distance OR the combined average pace of all the work portions of an interval workout.

- Record this data for all of your workouts, as it will be used in future workouts for determining your target pace
- For Time Trials, be sure to also record your final time.

Full instructions for using the PM can be found here: http://www.concept2.com/service/monitors/pm5/how-to-use

3) Understanding Pacing
- Pace on the Concept2 Indoor Rower
    - In rowing, pace is measured as time per 500 meters. It's like time per mile in running. The smaller the time, the faster you are going. Example: a pace of 2:30/500m is slower than a pace of 2:05/500m.
    - The Performance Monitor shows your pace in the large central display and is updated on every stroke.
    - Your average pace can also be shown while rowing, in some display options.
    - Your pace info is also saved in the PM memory so that you can retrieve and review it after your workout.
- Pace chart & calculator
    - Concept2 offers several pace-related tools, which can help you understand the relationship between pace, distance rowed and elapsed time.
    - Pace Chart: http://www.concept2.com/files/pdf/us/training/Training_PaceChart.pdf
    - Pace Calculator: http://www.concept2.com/indoor-rowers/training/calculators/pace-calculator
- Using the Online Ranking
    - Concept2 maintains an online ranking of best performances from rowers of all ages around the world. This serves as a useful database with which to compare your own performance.
    - To add your own results to the Ranking, you'll need to set up a free Online Logbook where you can store all your rowing workouts, and then choose to rank your best pieces.
- Developing a Race Plan
    - Before doing a Time Trial or Race, it's important to have a Race Plan. This plan needs to be based on the paces you've been rowing during your training for the race distance in question. Know what your target average pace should be.   Useful strategies include :
        - Maintain a constant pace throughout the distance.
        - "Negative splits", which involves starting the time trial at a pace one or two seconds slower than target, and finishing faster than target average pace.
    - It's amazingly easy to go too hard in the first part of a Race or Time Trial. It just feels SO easy then! You need to have the discipline to keep yourself on your target pace, and not "fly'n'die".

The Workouts:

CYCLE 1

Week 1

DAY	WORKOUT	AVERAGE PACE LOG
day 1	5 K continuous row. This is your initial time trial. Row the first 1K easy (conversational pace). Increase intensity each 1K. Record your time.	
day 2	Intervals: 15 times X 1min work with 1 min rest	
day 3	Intervals: 5 times 1000meters with 2 min rest	
day 4 (optional)	30 minute continuous row at moderate conversational intensity taking a "power 20" (20 full pressure strokes) every 5 minutes.	

Week 2

DAY	WORKOUT	AVERAGE PACE LOG
day 1	6K continuous row (target pace to be the average pace of your 5K last week (see Progress Monitoring))	
day 2	intervals: 8 X 400 meters with 2 minutes rest (target pace to be average pace of your 1 minute intervals last week)	
day 3	intervals: 2 X 2K meters with 4 minutes rest (target pace to be average pace of your 1K intervals last week)	
day 4 (optional)	30 minute continuous row. Steady state.	

Week 3

DAY	WORKOUT	AVERAGE PACE LOG
day 1	8K continuous row (target pace to be the average pace of your 6K)	
day 2	intervals: 8 X 500 meters with 2 minutes rest (target pace to be average pace of prior week's 8X400 intervals)	
day 3	intervals: 2 X 3K meters with 4 minutes rest (target pace to be average pace of prior week's 2X2K intervals)	
day 4 (optional)	row 30 minutes at moderate conversational intensity taking a "power 10" (rowing 10 strokes harder) every 500 meters	

Week 4

DAY	WORKOUT	AVERAGE PACE LOG
day 1	10K continuous row (target pace to be the average pace of your 8K)	
day 2	intervals: 8 X 500 meters with 1 minute rest (target pace to be average pace of prior week's 8X500 with 2 minutes rest)	
day 3	5K continuous row (time trial target pace to be average pace of 2X3K intervals. Record your time. Compare to week 1.	

	30 minute continuous row. Steady State.	
day 4 (optional)	30 minute continuous row. Steady State.	

CYCLE 2

Week 1

DAY	WORKOUT	AVERAGE PACE LOG
day 1	5 K continuous row (target pace to be average pace of your fastest 5K)	
day 2	Intervals: 15 X 1min work with 1 min rest (target pace to be faster than this workout prior cycle)	
day 3	Intervals: 5 X 1000meters with 2 min rest (target pace to be faster than this workout prior cycle)	
day 4 (optional)	30 minute continuous row. For the middle 10 minutes alternate between 1 min at 24 spm and 1 min at 30 spm while maintaining a pace that's 5-10 seconds slower than your 5k/6k pace. Learn to separate pace from spm.	

Week 2

DAY	WORKOUT	AVERAGE PACE LOG
day 1	6K continuous row (target pace to be faster than this workout prior cycle)	
day 2	Intervals: 8 X 400 meters with 2 minutes rest (target pace to be faster than this workout prior cycle)	
day 3	Intervals: 2 X 2K meters with 4 minutes rest (target pace to be faster than this workout prior cycle)	
day 4 (optional)	30 minute continuous row. Steady State.	

Week 3

DAY	WORKOUT	AVERAGE PACE LOG
day 1	8K continuous row (target pace to be faster than this workout prior cycle)	
day 2	Intervals: 8 X 500 meters with 2 minutes rest (target pace to be faster than this workout prior cycle)	
day 3	Intervals: 2 X 3K meters with 4 minutes rest (target pace to be faster than this workout prior cycle)	
day 4 (optional)	row 30 minutes at moderate conversational intensity thinking about good technique	

Week 4

DAY	WORKOUT	AVERAGE PACE LOG
day 1	10K continuous row (target pace to be faster than this workout prior cycle)	
day 2	Intervals: 8 X 500 meters with 1 minute rest (target pace to be faster than this workout prior cycle)	
day 3	5K continuous row (target pace to be faster than this workout prior cycle) (Note: If this is your 5K TEST know your pace and stick to your "race plan". If you are feeling good in the last 1K increase intensity.)	
day 4	30 minute continuous row. Steady State.	

(optional)		

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