

6 Week Training Program for 2000 metres

Below we have provided you with a training program to help you get started. You can download your own personalised program from the Concept2 website to suit your fitness. Simply go to www.concept2.com.au. Under the **Training** heading, click on either **Interactive** or **2k Race**. There is a wealth of information there to help you along your way. Please do not hesitate to contact Pioneer Fitness if you have any questions.

Training Program 1: Suitable for beginner rowers, lower levels of fitness, or could be recovering from injury.

weeks until race	session 1	session 2	session 3
6	TEST	15 min @ 65-70%max HR	2x9min @ 80-85% max HR
5	2x4 min @85- 95% max HR	30 min @65-70% max HR	2x10 MIN @ 80-85% max HR
4	4X1.5 mins @95-100% max HR	2x12min @ 65-70% max HR	2x8mins @ 80-85% max HR
3	TEST	18 min @ 65-70% max HR	2x12 mins @ 80-85% max HR
2	5x2 @ 85-90% max HR	6x1.5 min@85-95% max HR	3x3min @ 85-90%max HR
1	2x1.5min @ 95-100% max HR	3x45secs @ 95-100% max HR	RACE

Training Program 2: Suitable for experienced rowers who have maintained a high levels of fitness

Weeks until race	session 1	session 2	session 3
6	TEST	10x54 secs @95-100% max HR	2x15min @ 70-80% max HR
5	2x6min (1 min recover) @ 95-100% max HR	4x5min @ 85-95% max HR	2X 18min @ 70-80% max HR
4	4x1.5min @ 95-100% max HR	3x3min @ 85-95% max HR	2x 13min @ 70-80% max HR
3	TEST	4X3 min @ 85-95% max HR	2x18min @ 70-80% max HR
2	8x45 secs @ 95-100% max HR	4x4 min @ 85-95% max HR	2x9 @ 70-80% max HR
1	3 min @ 85-95% max HR	3x1.5 min @ 95-100% max HR	RACE

Notes:

- **TEST** referrers to rowing 2000 metres as fast as possible and will enable you to benchmark your progress.
- The warm up necessary for training sessions will depend on the type of work involved in the session. The lower the intensity the less time required to warm up. This also applies to time taken in the cool down.
- If you do not know your maximum heart rate (max HR), as an estimate use the formula 220- your age.

Type of session	Warm Up	Cool down
65-70% max HR	5-8 mins	5-8 mins
70-80% max HR	8-10mins	8-10 mins
80-85% max HR	10-12 mins	10-12 mins
85-95% max HR	12-15 mins	12-15 mins
95-100% max HR	15-20 mins	15-20mins

IMPORTANT: Medical Recommendation. If when training you feel unwell, or have recently been suffering from a virus, we recommend that you do not train. Indoor racing requires maximal effort and the organisers takes no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to training and racing.