

6 week training plan



Aim: Learn to control your stroke rate. Reinforce good technique and leg drive on rowing machine.

2x rowing sessions per week + 1x optional low intensity session (cardio of choice) for 20-40 mins.

Week 1:

Session 1: 4 x 1k / rest 5-6 min
(full recovery)

Complete four 1k pieces.

These should be at an
increasing pace and stroke
rate: 500m @ rate 20 - 250m
@ rate 22 - 250m @ rate 24

Session 2: 12x 250m @ rate
26+ / 60s rest

Week 2:

Session 1: 4x 1km / 5-6 min
rest (full recovery)

These should be at an
increasing pace and stroke
rate: 500m @ rate 22 - 250m
@ rate 24 - 250m @ open rate

Session 2: 5x 500m / 2 min
rest

Open rate, consistent efforts.

Week 3:

Session 1: 3x 1250m / 5-6
mins rest (full recovery)

These should be at an
increasing pace and stroke
rate: 500m @ rate 24-26 -
500m @ rate 26-28 - 250m @
open rate

Session 2: 12x 250m @ rate
26+ / 60s rest (compare to
week 3)



Aim: Continue to work on rate control in longer pieces. Look at setting a race plan and target 2km time.

2x Rowing sessions per week + 1 optional low intensity session (cardio of choice) for 30-60 mins.

Week 4:

Session 1: 3x 1250m / 5-6 mins rest
(full recovery)

These should be at an increasing
pace and stroke rate: 500m @ rate
26-28 - 500m @ rate 28-30 - 250m
@ open rate

Session 2: 5x 500m / 2 min rest
(compare to week 4)

Open rate, consistent efforts.

Week 5:

Session 1: 1500m Open rate

Aim to do first 1200m at race pace
– final 300m open up to a
sprint/max effort

Session 2: Session 2: 12x 250m @
rate 26+ / 60s rest (compare to
week 5)

Week 6: COMP WEEK!

2km test @ Scottish Indoor Rowing Championships

