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No No No No No No No No	nments			g sessions at home in the even each session when complete to					
AM			is important to work on te	echnique to get the best speed i	mprovements				
BOW BWR Now Hit Zone 2 Technique OFF DY Now									SUN
Start Row HR Zone 2 Technique OFF OFF	s Until Race		83	02	81		79	, 0	77
Marcon M									
Neek		AM	OEE		OEE		OFF		OFF
PM		PAIVI	011	Till Zone Z Technique	011	The Zone 2 rechnique	OH	TIN Zone z Technique	011
PM	Week								
Strength Steength									
PM S	1		GYM □		ERGO □		RUN or BIKE		
Stretch 30min o						OFF			
Stretch 30min o		PM		OFF	HR Zone 2 -Technique		HR Zone 2	OFF	
MON TUE WED THU FRI SAT S.				0	0	0	0, , 1, 00, ;	0	0, , 1, 00, 1
Mon			Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗈	Stretch 30min 🗆
ROW			MON	TUE	WED	THU	FRI	SAT	SUN
Mark OFF	s Until Race		76	75	74	73	72	71	70
Meek 2									
PM Strength Stre		424	055		055		055		055
PM Strength Stretch 30min a Stretch 30mi		AM	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF
PM Strength Stretch 30min OFF ROW 10km Row HR Zone 2 Technique OFF ROW 10km Row OFF	Wook								
Strength Core Stretch 30min a Stretch 30	Week								
PM Core Stretch 30min	2		GYM □		ERGO □		RUN or BIKE		
Stretch 30min a Stretch 30			Strength		20min @R18-20	OFF	25min		
Stretch 30min a		PM	&	OFF	HR Zone 2 -Technique		HR Zone 2	OFF	
MON TUE WED THU FRI SAT SU									
Mon			Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
ROW 10km Row HR Zone 2 Technique OFF									SUN
Mon	's Until Race		69		6/		65	♥ 1	63
Meek Strength OFF HR Zone 2 Technique OFF OF									
Meek Strength Strength Stretch 30min		AM	OFF		OFF		OFF		OFF
PM			•	Zone Z roomingo	5	20110 2 100111111400	v	rint Zono Z roominquo	· · · ·
Strength & OFF	Week								
Strength & OFF									
PM & OFF	3								
Core Stretch 30min Stret		D		0==		OFF		055	
Stretch 30min		PM		OFF	HR Zone 2 - Technique		HR Zone 2	OFF	
MON TUE WED THU FRI SAT SU				Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min
SUNTIL Race 62 61 60 59 58 57 50			Ottoton oomin E	Otteton oomin E	Otteton oomin a	Otteton out in a	otreton commi	otreton ooniin E	Otreton commit is
ROW D 9km Row HR Zone 2 Technique OFF ROW D 9km Row HR Zone 2 Technique OFF OFF OFF OFF OFF OFF OFF OFF OFF OF	a Hadil Barra			TUE		THU		SAT	SUN
Week GYM D Strength M Week OFF Week OFF Week OFF OFF OFF OFF OFF OFF OFF	s onth Race		02	ROM -	- 00	ROM -	აგ	ROW D	30
AM OFF HR Zone 2 Technique OFF Week 4 GYM Strength									
Week GYM		AM	OFF		OFF		OFF		OFF
4									
Strength 24min @R18-20 OFF 25min PM & OFF HR Zone 2 - Technique HR Zone 2 OFF	Week								
Strength 24min @R18-20 OFF 25min PM & OFF HR Zone 2 - Technique HR Zone 2 OFF									
PM & OFF HR Zone 2 - Technique HR Zone 2 OFF	4								
		Dea		055		OFF		055	
- College Coll		PM		UFF	HR Zone 2 - Technique		HR Zone 2	OFF	
Stretch 30min 🗆 Stretch 30min 🗆 Stretch 30min 🗆 Stretch 30min 🗈 Stretch 30min 🗆 Stretch 30min 🗈 Stretch 30min				Stratah 20min	Ctrotob 20min	Stratah 20min	Ctratab 20min	Stratah 20min -	Stretch 30min

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	AM	55 OFF	54 10km Row ROW □ HR Zone 2 Technique	53 OFF	52 10km Row ROW □ HR Zone 2 Technique	51 OFF	10km Row ROW □ HR Zone 2 Technique	49 OFF
5	РМ	GYM = Strength & Core	OFF	ERGO = 28min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE = 30min HR Zone 2	OFF	
		Stretch 30min	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
Days Until Race		MON 48	TUE 47	WED 46	THU 45	FRI 44	SAT 43	SUN 42
Week	АМ	OFF	ROW □ 11km Row HR Zone 2 Technique	OFF	ROW □ 11km Row HR Zone 2 Technique	OFF	ROW □ 11km Row HR Zone 2 Technique	OFF
6	PM	GYM □ Strength & Core	OFF	ERGO □ 30min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE 35min HR Zone 2	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
Dave Until Dage		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	АМ	MON 41 OFF	TUE 40 ROW □ 10km Row HR Zone 2 Technique	WED 39 OFF	THU 38 ROW □ 10km Row HR Zone 2 Technique	FRI 37 OFF	SAT 36 ROW □ 10km Row HR Zone 2 Technique	SUN 35 OFF
Days Until Race Week		41 OFF GYM □ Strength & Core	40 ROW □ 10km Row HR Zone 2 Technique OFF	OFF ERGO □ 2x16min @R18-20 HR Zone 2 -Technique	38 ROW □ 10km Row HR Zone 2 Technique OFF	OFF RUN or BIKE 30min HR Zone 2	36 ROW □ 10km Row HR Zone 2 Technique	35 OFF
Week	AM	41 OFF GYM □ Strength &	40 ROW □ 10km Row HR Zone 2 Technique	39 OFF ERGO 2x16min @R18-20	38 ROW □ 10km Row HR Zone 2 Technique	37 OFF RUN or BIKE 30min	36 ROW □ 10km Row HR Zone 2 Technique	35
Week 7	AM	OFF GYM Strength Core Stretch 30min MON	40 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ TUE	OFF ERGO 2x16min @R18-20 HR Zone 2 -Technique Stretch 30min WED	38 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ THU	OFF RUN or BIKE 30min HR Zone 2 Stretch 30min FRI	36 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ SAT	35 OFF Stretch 30min □
Week	AM	OFF GYM Strength Core Stretch 30min	40 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □	OFF ERGO 2x16min @R18-20 HR Zone 2 -Technique Stretch 30min	38 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □	OFF RUN or BIKE 30min HR Zone 2 Stretch 30min	36 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □	35 OFF Stretch 30min □
Week 7 Days Until Race	AM.	OFF GYM Strength & Core Stretch 30min MON 34	A0 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ TUE 33 ROW □ 11km Row	OFF ERGO 2x16min @R18-20 HR Zone 2 -Technique Stretch 30min WED 32	38 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ THU 31 ROW □ 11km Row	OFF RUN or BIKE 30min HR Zone 2 Stretch 30min FRI 30	36 ROW □ 10km Row HR Zone 2 Technique OFF Stretch 30min □ SAT 29 ROW □ 11km Row HR Zone 2 Technique	35 OFF Stretch 30min SUN 28

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	АМ	27 OFF	ROW 12km Row HR Zone 2 Technique	25 OFF	ROW 12km Row HR Zone 2 Technique	OFF	ROW 12km Row incl. 2x250m Race Pace	OFF
9	PM	GYM □ Strength & Core	OFF	ERGO □ 5x1min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE D 40min HR Zone 2	OFF	
		Stretch 30min	Stretch 30min 🗆	Stretch 30min	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	АМ	20 OFF	19 ROW □ 11km Row HR Zone 2 Technique	18 OFF	17 ROW □ 11km Row HR Zone 2 Technique	16 OFF	ROW 11km Row incl. 3x250m Race Pace	14 OFF
10	PM	GYM = Strength & Core	OFF	ERGO □ 5x2min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE 35min HR Zone 2	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
Days Until Race		MON 13	TUE 12	WED	THU 10	FRI	SAT 8	SUN 7
Days Until Race Week	АМ	MON 13 OFF	TUE 12 ROW □ 12km Row HR Zone 2 Technique	WED 11 OFF	THU 10 ROW □ 12km Row HR Zone 2 Technique			
	АМ	OFF GYM = Strength & Core	12 ROW 12km Row HR Zone 2 Technique OFF	OFF ERGO □ 5x3min @Race Rating Max Effort 5 min rest inbetween	10 ROW 12km Row HR Zone 2 Technique OFF	9 OFF RUN or BIKE 40min HR Zone 2	ROW IN 12km Row incl. 4x250m Race Pace	7 OFF
Week		13 OFF GYM □ Strength &	12 ROW □ 12km Row HR Zone 2 Technique	0FF ERG0 □ 5x3min @Race Rating Max Effort	10 ROW □ 12km Row HR Zone 2 Technique	9 OFF RUN or BIKE 40min	8 ROW □ 12km Row incl. 4x250m Race Pace	7
Week 11		OFF GYM Strength & Core Stretch 30min	12 ROW 12km Row HR Zone 2 Technique OFF	OFF ERGO 5x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min WED	10 ROW 12km Row HR Zone 2 Technique OFF	9 OFF RUN or BIKE 40min HR Zone 2	ROW IN 12km Row incl. 4x250m Race Pace	7 OFF Stretch 30min SUN
Week 11 Days Until Race		OFF GYM Strength & Core Stretch 30min	ROW 12km Row HR Zone 2 Technique OFF Stretch 30min	OFF ERGO □ 5x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □	10 ROW □ 12km Row HR Zone 2 Technique OFF Stretch 30min □	OFF RUN or BIKE 40min HR Zone 2 Stretch 30min	ROW 12km Row incl. 4x250m Race Pace OFF Stretch 30min	7 OFF Stretch 30min
Week 11 Days Until Race Week	РМ	OFF GYM Strength & Core Stretch 30min MON 6	12 ROW □ 12km Row HR Zone 2 Technique OFF Stretch 30min □ TUE 5 ROW □ 8km Row	FRGO SX3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min Stretch 30min WED 4 OFF	10 ROW □ 12km Row HR Zone 2 Technique OFF Stretch 30min □ THU 3 ROW □ 8km Row	9 OFF RUN or BIKE 40min HR Zone 2 Stretch 30min FRI 2 OFF	ROW 12km Row incl. 4x250m Race Pace OFF Stretch 30min SAT 1 ROW 6km Row HR Zone 2 Technique	OFF Stretch 30min SUN
Week 11 Days Until Race	РМ	OFF GYM Strength Core Stretch 30min MON 6	12 ROW □ 12km Row HR Zone 2 Technique OFF Stretch 30min □ TUE 5 ROW □ 8km Row	OFF ERGO 5x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min WED 4	10 ROW □ 12km Row HR Zone 2 Technique OFF Stretch 30min □ THU 3 ROW □ 8km Row	9 OFF RUN or BIKE 40min HR Zone 2 Stretch 30min FRI 2	ROW 12km Row incl. 4x250m Race Pace OFF Stretch 30min SAT 1 ROW 6km Row HR Zone 2 Technique	OFF Stretch 30min SUN