

PADDLEFISH ERG WORKOUTS

FEBRUARY 2010

In off-day workouts, see if you can add a total of 1,000 yards more in February than in January.

Distances shown for paddle erg (rowing erg)

Letters on workouts mean:

A=easy, effort 10

B=steady, effort 12

C=strong, effort 14

D=strenuous, effort 16

E=hard (sprint), effort 18+

Monday, February 1

- Warm up:
 11:00 5 x 2 minutes, continuous
 1:40 A, 0:20 C
 1:20 A, 0:40 C
 1:00 A, 1:00 C
 0:40 A, 1:20 C
 0:20 A, 1:40 C
 1 minute easy
- +/-15:00 Main set:
 3 cycles of 600m (900m)
 1. 250m (375m) B, 200m (150m) C, 150 (225m) D
 1 minute rest
 2. 200m (300m) B, 200m (300m) C, 200 (300m) D
 1 minute rest
 3. 150m (225m) B, 200m (300m) C, 250 (375m) D
 1 minute rest
- 4:00 Stroke technique
 1 minute A
 2 minutes C, getting max distance per stroke--take rate down to/below 36 (18)
 1 minute A

Wednesday, February 3

- 11:15 Warm up:
 9 x 1 minute (10 sec rest between each). Do this 3 x through:
 1:00 A, 1:00 B, 1:00 C, 0:20 rest
 1:00 B, 1:00 C, 1:00 D, 0:20 rest
 1:00 C, 1:00 D, 1:00 E, 0:20 rest
- 12:00 Main set: (continuous, one minute at each of the following:)
 B C B A
 B C D C
 B C B A
- +/-7:00 Sprint set:
 Three times: Sprint 200m (300m), rest 1 minute
 1 minute easy

Saturday, February 6

- 13:50 Warm-up:
 10 x 1 min, 10 sec rest. A, B, C, D, E, then repeat
 2 minutes easy
- +/-16:00 Main set:
 2 x 500m (750m), 50m (75m) D, 350 (525) B, 100 D (150)
 1 minute rest
 2 x 400m (600m), alternate by 100m (150m) B, D, B, D
 1 minute rest
 2 x 200m (300m), 50m (75m) D, 100m (150m) B, 50m (75m) E
 1 minute rest
 2 x 100m (150m) sprint (E), with 1 minute rest between
- 2:00 2 minutes easy

WEEK 2**FEBRUARY 2010****Monday, February 8**

- 12:00 Warm-up:
Do 5 times, continuously (for 10 min total)
1:45 A, 0:15 D
2 minutes easy
- 14:00 Main set:
4 min B (get to target in first 15 seconds, then hold split as steady as possible throughout)
1 min easy
3 min C (reduce split from previous, hold steady)
1 min easy
2 min D reduce split from previous, hold steady)
1 min easy
1 min E (reduce split and go all out!)
1 min easy
- 4:00 Stroke technique (either paddle or rowing)
0:30 straight arms, 1:00: normal, sit tall, 0:30 head totally still
Repeat (other side for paddle erg)

Wednesday, February 10

- 10:00 Warm-up:
6 x 1:15 min, :15 rest, descending in groups of 3: A, B, C
1 minute easy
- +/-15:00 Main set:
4 x 500m (750m), with 30 sec rest between
1. 100m (150m) E, 400m (600m) C
2. 100m (150m) C, 100m (150m) E, 300m (450m) C
3. 200m (300m) C, 100m (150m) E, 200m (300m) C
4. 400m (600m) C, 100m (150m) E
1 minute easy
- 5:00 Stroke practice
Together: change stroke rate each minute (36/18), (40/20), (44/22), (40/20), (36/18)

Saturday, February 13

- 6:00 Warm-up:
1 min A, 0:15 sec rest
1 min B, 0:15 sec rest
1 min C, 0:15 sec rest
1 min D, 0:15 sec rest
1 min A
- 24:00 Main set:
Effort: C/D, with 30 sec rest between all:
2 x 4 min, last 20 seconds of every minute E
2 x 3 min, last 15 seconds of every minute E
2 x 2 min, last 10 seconds of every minute E
2 x 1 min, sprint (E)
1 minute easy

Monday, February 15

- 10:00 Warm-up:
 9x 0:50, 0:10 rest, do three times:
 last :10 fast
 last :15 fast
 last :20 fast
 1 minute easy
- 16:00 Main set:
 5 x 2:30, 0:30 rest
 odd--by 0:30: B - C - D - C - B
 even--by 0:50: B - D - B
 1 minute easy
- 5:00 Sprint set:
 4 min, alternating 20 easy strokes (B), 20 strong strokes (D), 20 faster strokes at same split
 (increase stroke rate 5 SPM) (E)
 1 minute easy

Wednesday, February 17

- 12:00 Warm-up:
 Do 5 times (continuously)
 2 min, pick up power at 1:30 and again at 1:45
 2 minutes easy
- +/-18:00 Main set:
 3 x 600m (900m)
 Set a target split (C/D)
 1. 600m (900m), at target pace (C/D)
 1 min rest
 2. 600m (900m) at target (C/D), last 50 (75) of each 200 (300) FAST
 1 min rest
 3. 600m (900m) at target (C/D), alternate 50 (75) FAST
 2 minutes easy

Saturday, February 20

- 9:00 Warm-up:
 8 x 0:45 min, 15 sec rest: A - B - C - D, repeat
 1 minute easy
- +/-21:00 Main set:
 2 x 500m (750m), A - B - C - D - E
 1 minute rest
 2 x 400m (600m), B - C - D - E
 1 minute rest
 2 x 300m (450m), C - D - E
 1 minute easy

WEEK 4**FEBRUARY 2010****Monday, February 22**

- 10:00 Warm-up: continuously 3 times:
0:30 A, 1:00 B, 1:00 C, 0:30 D
1 minute easy
- 16:00 Main set:
OPTION A: on paddle erg
2 minutes very easy
500m for time
1 minute easy, 1 minute rest
2 x 3 minutes: 1 min A, 1 min B, 1 min C, 0:30 rest
OPTION B: on rowing erg, 0:15 rest between each:
2 x 3:00 min C
0:30 min E
2 x 2:00 min C
1:00 min E
2 x 1:00 min C
0:30 min E
- 4:00 Repeat 3 times: 1 minute A, 20 sprint strokes, finish with 1 minute easy

Wednesday, February 24

- 8:00 Warm-up:
8 x 0:50, 0:10 rest
Odd intervals: last 0:20 fast
Even intervals: last 0:10 fast
- +/-13:00 Main set:
OPTION A: on paddle erg
2 minutes very easy
500m for time
1 minute easy, 1 minute rest
2 x 3 minutes: 1 min A, 1 min B, 1 min C, 0:30 rest
OPTION B: on rowing erg
4 x 3 min, 2:30 C, 0:30 E, 0:30 rest, keeping total split the same for all 4
- 9:00 Stroke rate practice, trying to keep steady split:
Do this twice through (8 min): 1 min each: 44 paddle/22 row - 36/18 - 44/22 - 52/26
1 minute easy

Saturday, February 27

- 13:00 Warm-up:
1:15 A - 0:45 B - 1:15 A - 0:45 C - 1:15 A - 0:45 D - 1:15 A - 0:45 E, rest 0:15 between
1 minute easy
- +/-17:00 Main set: 0:30 rest between each Repeat set:
400m (600m) B 400m (600m) C
300m (450m), C 300m (450m), D
200m (300m), D 200m (300m), E
1 minute easy