

PADDLEFISH ERG WORKOUTS

MARCH 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+

WEEK 1

MARCH 2010

Monday, March 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:

2 cycles of 4 minutes (B), 30 sec rest, 100 sprint (E)

1 minute rest

2 cycles of 2 minutes (B), 30 sec rest, 200 sprint (E)

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, March 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 D C

B C B A

B C D C

+/-7:00 Sprint set:

Three times: Sprint 200m (300m), rest 1 minute

1 minute easy

Saturday, March 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: (each of 8 pieces followed by 1 min rest)

2 x 600m (750m), 150m (300m) D, 350 (525) B, 100 D (150)

2 x 400m (600m), alternate by 100m (150m) B, D, B, D

2 x 200m (300m), 50m (75m) D, 100m (150m) B, 50m (75m) E

2 x 100m (150m) sprint (E)

2:00 2 minutes easy

Monday, March 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, March 10

- 10:00 Warm-up:
6 x 1:15 min, :15 rest, descending in groups of 3: A, B, C
1 minute easy
- 5:00 Stroke practice (group choose a "stroke")
Together: change stroke rate each minute (36/18), (40/20), (44/22), (40/20), (36/18)
- +/-15:00 Main set:
4 x 500m (750m), with 30 sec rest between each 500m piece
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

Saturday, March 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 each of 8 pieces:
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, March 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
- 5:00 Group sprint set: (choose "stroke" to lead)
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
- 16:00 Main set:
4 x 3:20, 0:40 rest
odd--by 0:40: B - C - D - C - B - D
even--by 0:50: B - C - B - D
1 minute easy

Wednesday, March 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, March 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

Monday, March 29

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, March 31

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