



8 Weeks to PR Your 1K Row

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x15min SS SR 20 2min rest btwn PE 5/10	15min WU 6x1min on/off SR 34+ 15min CD PE 9/10	5x10min SS SR 21 • 10 stroke blaster @ 5min mark, SR open • Paddle 10 strokes after blaster, then return to SS 90sec rest btwn each piece PE SS 6/10 PE blaster 10/10	15min WU 3x2K • 500m each at SR 24, 26, 28, 30 5min rest btwn 15min CD PE 8/10	2x20min SS SR 20 2min rest btwn PE 5/10	20min WU 750m SR 32 500m SR 34 250m SR 36 4min rest btwn each piece 20min CD PE 9/10	off
WU: 5x front, back, side lunges (each leg) 5x sumo stance air squats	WU: 5x shoulder press 5x push ups 5x shoulder flys	WU: 5x walkouts (inchworms) 10x supermans 10x jumps	WU: 5x step ups (each leg) 5x single leg RDL	WU: 10x air squats 10x kettlebell swings (light)	WU: 5x Ys-Ts-ls (each shoulder) 5x physio ball rollouts w/tuck	off
Strength: Back squat 5 @ 50% 4x5 @ 65%	Strength: Bench press 5 @ 50% 4x5 @ 65%	Strength: Deadlift 5 @ 50% 4x5 @ 65%	Strength: RDL 5 @ 40% 4x5 @ 60%	Strength: Hang cleans 5 @ 40% 3x3 @ 60%	Strength: Lat pull down 5 @ 50% 4x5 @ 65%	

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x20min SS SR 20 2min rest btwn PE 5/10	20min WU 6x250m • 2 @ SR 34 • 2 @ SR 36 • 2 @ SR 38 2min rest btwn 20min CD PE 9/10	15min WU 2K • First half at SR 24 • Second half at SR 26 1.5K SR 28 1K SR 30 5min rest btwn pieces 15min CD PE 8/10	20min WU 6x500m • 2 @ SR 32 • 2 @ SR 34 • 2 @ SR 36 3min rest btwn 20min CD PE 9/10	3x15min SS SR 21 2min rest btwn PE 5/10	20 min WU 500m SR 34 1K SR 32 500m SR 34 4min rest btwn each piece 20min CD PE 9/10	off
WU: Front plank, left side plank, right side plank, 30sec each Strength: Front squat 5 @ 50% 4x5 @ 65%	WU: 5x shoulder front raises 5x shoulder side raises Strength: Alternating dumbbell incline bench press 5 each side @ 50% 4x5 each side @ 65%	WU: 10x mountain climbers 5x split squat (each leg) Strength: Sumo Stance Side Lunge 6each leg @ 40%, 3x6 each leg 60%	WU: 8x back extension 8x alternating V-ups (each side) Strength: Good mornings 3x8 @ 50%	WU: 10x air squats 10x kettlebell swings Strength: Cleans 5 @ 40% 3x3 @ 60%	WU: 5x cable chop up (each side) 5x cable chop down (each side) Strength: Dumbbell single arm row 5x each arm @ 50% 4x5 each arm @ 65%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x15min SS SR 20 2min rest btwn PE 5/10	15min WU 7x1min on/off SR 34+ 15min CD PE 9/10	6x10min SS SR 21 <ul style="list-style-type: none"> • 10stroke blaster @ 5min mark, SR open • Paddle 10 strokes after blaster, then return to SS 90sec rest btwn each piece PE SS 6/10 PE blaster 10/10	15min WU 3x2K <ul style="list-style-type: none"> • 500m each at SR 24, 26, 28, 30 5min rest btwn 15min CD PE 8/10	3x20min SS SR 20 2min rest btwn PE 5/10	20min WU 750m SR 32 500m SR 34 250m SR 36 4min rest btwn each piece 20min CD PE 9/10	off
WU: 5x front, back, side lunges (each leg) 5x sumo stance air squats Strength: Back squat 5 @ 50% 4x5 @ 65%	WU: 5x shoulder press 5x push ups 5x shoulder flys Strength: Bench press 5 @ 50% 4x5 @ 65%	WU: 5x walkouts (inchworms) 10x supermans 10x jumps Strength: Deadlift 5 @ 50% 4x5 @ 65%	WU: 5x step ups (each leg) 5x single leg RDL Strength: RDL 5 @ 40% 4x5 @ 60%	WU: 10x air squats 10x kettlebell swings (light) Strength: Hang cleans 5 @ 40% 3x3 @ 60%	WU: 5x Ys-Ts-ls (each shoulder) 5x physio ball rollouts w/tuck Strength: Lat pull down 5 @ 50% 4x5 @ 65%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x20min SS SR 20 2min rest btwn PE 5/10	20min WU 6x250m • 2 @ SR 34 • 2 @ SR 36 • 2 @ SR 38 2min rest btwn 20min CD PE 9/10	15min WU 2K • First half at SR 24 • Second half at SR 26 1.5K SR 28 1K SR 30 5min rest btwn pieces 15min CD PE 8/10	20min WU 6x500m • 2 @ SR 32 • 2 @ SR 34 • 2 @ SR 36 3min rest btwn 20min CD PE 9/10	4x15min SS SR 21 2min rest btwn PE 5/10	20 min WU 500m SR 34 1K SR 32 500m SR 34 4min rest btwn each piece 20min CD PE 9/10	off
WU: Front plank, left side plank, right side plank, 30sec each Strength: Front squat 5 @ 50% 4x5 @ 65%	WU: 5x shoulder front raises 5x shoulder side raises Strength: Alternating dumbbell incline bench press 5 each side @ 50% 4x5 each side @ 65%	WU: 10x mountain climbers 5x split squat (each leg) Strength: Sumo stance side lunge 6 @ 40% (each leg) 3x6 @ 60% (each leg)	WU: 8x back extension 8x alternating V-ups (each side) Strength: Good mornings 3x8 @ 50%	WU: 10x air squats 10x kettlebell swings Strength: Cleans 5 @ 40% 3x3 @ 60%	WU: 5x cable chop up (each side) 5x cable chop down (each side) Strength: Dumbbell single arm row 5x each arm @ 50% 4x5 each arm @ 65%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x15min SS SR 20 2min rest btwn PE 5/10	15min WU 7x1min on/off SR 34+ 15min CD PE 9/10	5x10min SS SR 21 <ul style="list-style-type: none"> • 10stroke blaster @ 5min mark, SR open • Paddle 10 strokes after blaster, then return to SS 90sec rest btwn each piece PE SS 6/10 PE blaster 10/10	15min WU 3x2K <ul style="list-style-type: none"> • 500m each at SR 24, 26, 28, 30 5min rest btwn 15min CD PE 8/10	2x20min SS SR 20 2min rest btwn PE 5/10	20min WU 750m SR 32 500m SR 34 250m SR 36 4min rest btwn each piece 20min CD PE 9/10	off
WU: 5x front, back, side lunges (each leg) 5x sumo stance air squats Strength: Back squat 5 @ 50% 4x5 @ 70%	WU: 5x shoulder press 5x push ups 5x shoulder flys Strength: Bench press 5 @ 50% 4x5 @ 70%	WU: 5x walkouts (inchworms) 10x supermans 10x jumps Strength: Deadlift 5 @ 50% 4x5 @ 70%	WU: 5x step ups (each leg) 5x single leg RDL Strength: RDL 5 @ 40% 4x5 @ 65%	WU: 10x air squats 10x kettlebell swings (light) Strength: Hang cleans 5 @ 40% 3x3 @ 65%	WU: 5x Ys-Ts-ls (each shoulder) 5x physio ball rollouts w/tuck Strength: Lat pull down 5 @ 50% 4x5 @ 70%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x20min SS SR 20 2min rest btwn PE 5/10	20min WU 6x250m • 2 @ SR 34 • 2 @ SR 36 • 2 @ SR 38 2min rest btwn 20min CD PE 9/10	15min WU 2K • First half at SR 24 • Second half at SR 26 1.5K SR 28 1K SR 30 5min rest btwn pieces 15min CD PE 8/10	20min WU 6x500m • 2 @ SR 32 • 2 @ SR 34 • 2 @ SR 36 3min rest btwn 20min CD PE 9/10	4x15min SS SR 21 2min rest btwn PE 5/10	20 min WU 500m SR 34 1K SR 32 500m SR 34 4min rest btwn each piece 20min CD PE 9/10	off
WU: Front plank, left side plank, right side plank, 30sec each Strength: Front squat 5 @ 50% 4x5 @ 70%	WU: 5x shoulder front raises 5x shoulder side raises Strength: Alternating dumbbell incline bench press 5 each side @ 50% 4x5 each side @ 70%	WU: 10x mountain climbers 5x split squat (each leg) Strength: Sumo stance side lunge 6 @ 40% (each leg) 3x6 @ 65% (each leg)	WU: 8x back extension 8x alternating V-ups (each side) Strength: Good mornings 3x8 @ 50%	WU: 10x air squats 10x kettlebell swings Strength: Cleans 5 @ 40% 3x3 @ 65%	WU: 5x cable chop up (each side) 5x cable chop down (each side) Strength: Dumbbell single arm row 5x each arm @ 50% 4x5 each arm @ 70%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x15min SS SR 20 2min rest btwn PE 5/10	15min WU 7x1min on/off SR 34+ 15min CD PE 9/10	6x10min SS SR 21 <ul style="list-style-type: none"> • 10stroke blaster @ 5min mark, SR open • Paddle 10 strokes after blaster, then return to SS 90sec rest btwn each piece PE SS 6/10 PE blaster 10/10	15min WU 3x2K <ul style="list-style-type: none"> • 500m each at SR 24, 26, 28, 30 5min rest btwn 15min CD PE 8/10	3x20min SS SR 20 2min rest btwn PE 5/10	20min WU 750m SR 32 500m SR 34 250m SR 36 4min rest btwn each piece 20min CD PE 9/10	off
WU: 5x front, back, side lunges (each leg) 5x sumo stance air squats Strength: Back squat 5 @ 50% 4x5 @ 70%	WU: 5x shoulder press 5x push ups 5x shoulder flys Strength: Bench press 5 @ 50% 4x5 @ 70%	WU: 5x walkouts (inchworms) 10x supermans 10x jumps Strength: Deadlift 5 @ 50% 4x5 @ 70%	WU: 5x step ups (each leg) 5x single leg RDL Strength: RDL 5 @ 40% 4x5 @ 65%	WU: 10x air squats 10x kettlebell swings (light) Strength: Hang cleans 5 @ 40% 3x3 @ 65%	WU: 5x Ys-Ts-ls (each shoulder) 5x physio ball rollouts w/tuck Strength: Lat pull down 5 @ 50% 4x5 @ 70%	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x20min SS SR 20 2min rest btwn PE 5/10	20min WU 4x250m • 2 @ SR 34 • 2 @ SR 36 • 2 @ SR 38 2min rest btwn 20min CD PE 9/10	15min WU 2K • 500m each at SR 24, 26, 28, 30 15min CD PE 8/10	20min WU 3x500m • 1 @ SR 32 • 1 @ SR 34 • 1 @ SR 36 3min rest btwn 20min CD PE 9/10	2x15min SS SR 21 • 10 stroke blaster @ 5 and 10 min marks, SR 32-36 (race pace) • Paddle 10 strokes after blaster, then return to SS 2min rest btwn PE 5/10	20 min WU 1K TEST Open SR 20min CD PE 9-10/10	30 min walk or jog
WU: Front plank, left side plank, right side plank, 30sec each Strength: Front squat 5 @ 50% 4x5 @ 60%	WU: 5x shoulder front raises 5x shoulder side raises Strength: Alternating dumbbell incline bench press 5 each side @ 50% 3x5 each side @ 60%	WU: 10x mountain climbers 5x split squat (each leg) Strength: Sumo stance side lunge 6 @ 40% (each leg) 3x4 55% (each leg)	WU: 8x back extension 8x alternating V-ups (each side) Strength: Good mornings 3x6 @ 50%	off	off	off

WU = warm up

SR = stroke rate

PE = perceived exertion (on a 1-10 scale)

CD = cool down

SS = steady state

btwn = between

% = percent of max effort