



# 8 Weeks of Rowing Rehab

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x5min SS SR 22 3-5min rest btwn (stand up and stretch) PE 3/10	PT/Yoga/Stretch (stop if pain)	10min SS SR 22 PE 3/10	PT/Yoga/Stretch (stop if pain)	2x7min SS SR 22 3-5min rest btwn (stand up and stretch) PE 3/10	PT/Yoga/Stretch (stop if pain)	off
60min XT (stop if pain; this should not bother your injury at all)	70min XT	60min XT	70min XT	60min XT	70min XT	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 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15min SS SR 22 PE 3/10	PT/Yoga/Stretch (stop if pain)	2x10min SS SR 22 3min rest btwn (stand up and stretch) PE 3/10	PT/Yoga/Stretch (stop if pain)	20min SS SR 22 PE 3/10	PT/Yoga/Stretch (stop if pain)	off
55min XT	70min XT	50min XT	70min XT	50min XT	70min XT	off

WU = warm up

CD = cool down

SR = stroke rate

SS = steady state

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

btwn = between

% = percent of max effort

# Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x15min SS SR 22 3min rest btwn (stand up and stretch) PE 3/10	PT/Yoga/Stretch	30min SS SR 22 PE 3/10	PT/Yoga/Stretch	2x20min SS SR 22 3min rest btwn (stand up and stretch) PE 4/10	PT/Yoga/Stretch	off
40min XT	70min XT	40min XT	70min XT	30min XT	70min XT	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
10min SS SR 22 PE 3/10	15min SS SR 22 PE 3/10	20min SS SR 22 PE 3/10	25min SS SR 22 PE 3/10	30min SS SR 22 PE 3/10	35min SS SR 22 PE 3/10	PT/Yoga/Stretch
60min XT PT/Yoga/Stretch	55min XT	50min XT PT/Yoga/Stretch	45min XT	40min XT	35min XT	off

WU = warm up

CD = cool down

SR = stroke rate

SS = steady state

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

btwn = between

% = percent of max effort

# Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x20min SS SR 20 3min rest btwn (stand up and stretch) PE 4/10	40min SS SR 20 PE 4/10	3x15min SS SR 20 3min rest btwn (stand up and stretch) PE 4/10	PT/Yoga/Stretch	2x25min SS SR 20 3min rest btwn (stand up and stretch) PE 4/10	3x20min SS SR 20 3min rest btwn (stand up and stretch) PE 4/10	PT/Yoga/Stretch
30min XT PT/Yoga/Stretch	30min XT	25min XT	70min XT	20min XT	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

# Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x20min SS SR 20 2min rest btwn PE 5/10	15min WU 2x1K • 1 @ SR 24 • 1 @ SR 26 4min rest btwn (stand up and stretch) 15min CD PE 6/10	2x25min SS SR 20 2min rest btwn PE 5/10	PT/Yoga/Stretch	4x15min SS SR 21 2min rest btwn PE 5/10	15min WU 2x2K • 1 @ SR 24-26/1K • 1 @ SR 26-28/1K 5min rest btwn (stand up and stretch) 15min CD PE 7/10	PT/Yoga/Stretch
PT/Yoga/Stretch	PT/Yoga/Stretch	30min XT	off	30min XT	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

# Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x30min SS SR 20 2min rest btwn (stand up and stretch) PE 5/10	15min WU 3x1K • 1 @ SR 24 • 1 @ SR 26 • 1 @ SR 28 3min rest btwn (stand up and stretch) 15min CD PE 7/10	2x40min SS SR 21 3min rest btwn (stand up and stretch) PE 5/10	PT/Yoga/Stretch	3x20min SS SR 20 2min rest btwn PE 5/10	20min WU 3x2K • 1 @ SR 24-26/1K • 1 @ SR 26-28/1K • 1 @ SR 28-30/1K 4min rest btwn (stand up and stretch) 20min CD PE 8/10	off
PT/Yoga/Stretch	off	off	45min XT	off	PT/Yoga/Stretch	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
3x20min SS SR 20 2min rest btwn (stand up and stretch) PE 5/10	15min WU 5x1K • 2 @ SR 24 • 2 @ SR 26 • 1 @ SR 28 3min rest btwn (stand up and stretch) 15min CD PE 7/10	2x30min SS SR 21 2min rest btwn (stand up and stretch) PE 5/10	20min WU 3x2K • 1 @ SR 24-26/1K • 1 @ SR 26-28/1K • 1 @ SR 28-30/1K 4min rest btwn (stand up and stretch) 20min CD PE 8/10	3x20min SS SR 20 2min rest btwn (stand up and stretch) PE 5/10	20min WU 3x500m • 1 @ SR 32 • 1 @ SR 34 • 1 @ SR 36 2min rest btwn 20min CD PE 9/10	off
PT/Yoga/Stretch	off	PT/Yoga/Stretch	off	PT/Yoga/Stretch	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