



The Masters 40+ Rowing Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x12min SS SR 21-22 2min rest btwn PE 5/10	15min WU to SR 32 6x2min on/off • 1&2 SR 28 • 3&4 SR 30 • 5&6 SR 32 10min CD PE 8/10	4x11min • 4min SR 18 • 3min SR 20 • 2min SR 22 • 1min SR 24 • 1min SR 26 3:30 rest btwn PE 6/10	10min WU to SR 26 5x5min • 1,3,5 SR 24 • 2,4 SR 26 3min rest btwn 10min CD PE 7/10	15min WU to SR 34 8x30sec on/off SR 34 15min CD PE 9/10	(optional) 3x15min SS SR 18-20 / 5min 2min rest btwn PE 5/10	off

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x4K SS SR 19-21 / 1K 2min rest btwn PE 5/10	4K WU to SR 32 7x250m SR 30-32 1min rest btwn 4K CD PE 8/10	4K WU to SR 26 3x2K SR 20-22-24-26 / 500m 4min rest btwn 2K CD PE 6/10	4K WU to SR 28 4x1500m • 1&3 SR 22-24-26 / 500m • 2&4 SR 24-26-28 / 500m 4min rest btwn 2K CD PE 7/10	4K WU to SR 34 10x100m SR 34 45sec rest btwn 4K CD PE 9/10	(optional) 4x3k SS SR 20-21 2min rest btwn PE 5/10	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
5x10min SS SR 21-22 2min rest btwn PE 5/10	15min WU to SR 34 7x2min on/off • 1&2 SR 28 • 3&4 SR 30 • 5&6 SR 32 • 7 SR 34 10min CD PE 8/10	4x11min • 4min SR 18 • 3min SR 20 • 2min SR 22 • 1min SR 24 • 1min SR 26 3:30 rest btwn PE 6/10	10min WU to SR 26 6x5min • 1,3,5 SR 24 • 2,4,6 SR 26 3min rest btwn 10min CD PE 7/10	15min WU to SR 36 10 rounds • 10sec SR36 • 1:50 paddle 15min CD PE 10/10	(optional) 20min SS 15min SS 10min SS SR 18-20 / 5min 2min rest btwn PE 5/10	off

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x6K SS SR 19-21 / 1K 2min rest btwn PE 5/10	4K WU to SR 32 8x250m SR 30-32 1min rest btwn 4K CD PE 8/10	4K WU to SR 26 3x2K • 1K SR 20 • 500m SR22 • 250m SR24 • 250 SR26 4min rest btwn 2K CD PE 6/10	4K WU to SR 28 4x1500m • 1&3 SR 24-26 / 750m • 2&4 SR 26-28 / 750m 4min rest btwn 2K CD PE 7/10	4K WU to SR 36 12x10 strokes SR 36 90sec rest btwn 4K CD PE 10/10	(optional) 4x3k SS SR 20-21 2min rest btwn PE 5/10	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