



The Masters 50+ Rowing Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x10min SS SR 21-22 3min rest btwn PE 4/10	15min WU to SR 30 5x3min • 1&2 SR 26 • 3&4 SR 28 • 5 SR 30 3:30 rest btwn 10min CD PE 7/10	10min WU to SR 24 3x10min • 4min SR 18 • 3min SR 20 • 2min SR 22 • 1min SR 24 3min rest btwn PE 5/10	10min WU to SR 26 4x6min • 1&3 SR 24 • 2&4 SR 26 4min rest btwn 10min CD PE 6/10	15min WU to SR 32 7x30sec SR 32 45sec rest btwn 15min CD PE 8/10	(optional) 3x15min SS SR 20 3min rest btwn PE 4/10	off

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3x4K SS • 1K SR 20 • 1K SR 22 • 1K SR 20 • 1K SR 22 3min rest btwn PE 4/10	4K WU to SR 30 6x250m SR 30 1:30 rest btwn 4K CD PE 7/10	4K WU to SR 26 3x1500m • 500m each at SR 22, 24, 26 4min rest btwn 2K CD PE 5/10	4K WU to SR 28 4x1250m • 1&3: 500m SR 22, 500m SR 24, 250m SR26 • 2&4: 500m SR 24, 500m SR 26, 250m SR 28 4min rest btwn 2K CD; PE 6/10	4K WU to SR 34 2x(5x100m) SR 32-34 45sec rest btwn pieces, 3min rest btwn sets 4K CD PE 8/10	(optional) 4x3k SS SR 21 3min rest btwn PE 4/10	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
4x12min SS SR 21-22 3min rest btwn PE 4/10	15min WU to SR 32 6x2min • 1&2 SR 28 • 3&4 SR 30 • 5&6 SR 32 2:30 rest btwn 10min CD PE 7/10	4x10min • 4min SR 18 • 3min SR 20 • 2min SR 22 • 1min SR 24 3:30 rest btwn PE 5/10	10min WU to SR 26 7x4min • 1, 3, 5, 7 SR 24 • 2, 4, 6 SR 26 3min rest btwn 10min CD PE 6/10	15min WU to SR 34 2x(5x10sec on / 1:50 paddle) SR 34 3min rest btwn sets 15min CD PE 9/10	(optional) 20min SS 15min SS 10min SS • 5 min at SR 18 • 5 min at SR 20 3min rest btwn PE 4/10	off

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2x5K SS SR 21 3min rest btwn PE 4/10	4K WU to SR 30 7x250m SR 30 1:30 rest btwn 4K CD PE 7/10	4K WU to SR 26 3x2K • 1K at SR 22 • 500m at SR 24 • 500m at SR 26 4min rest btwn 2K CD PE 5/10	4K WU to SR 30 2K SR 24 • 1500m SR 26 • 1K SR 28 • 500m SR 30 4min rest btwn pieces 2K CD PE 6/10	4K WU to SR 34 2x(6x10 strokes) SR 34 90sec rest btwn pieces, 3min rest btwn sets 4K CD PE 9/10	(optional) 4x3k SS • 1500m at SR 20 • 1500m at SR 22 2min rest btwn PE 4/10	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