



The Masters 60+ Rowing Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5x2K SS • 500m SR21 • 500m SR22 • 500m SR21 • 500m SR22 3min rest btwn PE 4/10	3K WU to SR 30 5x750m • 1&2 SR 26 • 3&4 SR 28 • 5 SR 30 3:30 rest btwn 2K CD PE 7/10	2K WU to SR 24 3x2500m • 1K SR 20 • 1K SR 22 • 500m SR 24 3min rest btwn 2K CD PE 5/10	2K WU to SR 26 4x1250m • 750m SR 24 • 500m SR 26 4min rest btwn 2K CD PE 6/10	15min WU to SR 32 2x(4x30sec) SR 32 • 1min rest btwn pieces • 3min rest btwn sets 15min CD PE 8/10	30 min XT/walk PE 3/10	off

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x3K SS • 1500m SR 20 • 1500m 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 SR 22 • 500m SR 24 • 500m SR 26 4min rest btwn 2K CD PE 5/10	4K WU to SR 32 6x500m • 1&2 SR 28 • 3&4 SR 30 • 5&6 SR 32 4min rest btwn 2K CD PE 7/10	4K WU to SR 34 3x(3x100m) SR 32-34 • 45sec rest btwn pieces • 3min rest btwn sets 4K CD PE 8/10	Stretch/yoga	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
15min SS 12min SS 10min SS 8min SS SR 21-22 3min rest btwn pieces PE 4/10	3K WU to SR 32 4x750m • 1&2 SR 30 • 3&4 SR 32 3:30 rest btwn 2K CD PE 7/10	4x10min • 4min SR 18 • 3min SR 20 • 2min SR 22 • 1min SR 24 3:30 rest btwn PE 5/10	2K WU to SR 26 6x1K • 1, 3, 5 SR 24 • 2, 4, 6 SR 26 3min rest btwn 2K CD PE 7/10	15min WU to SR 34 2x(5x10sec on / 1:50 paddle) SR 34 3min rest btwn sets 10min CD PE 9/10	30 min XT/walk PE 3/10	off

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4x2500m SS SR 21 3min rest btwn PE 4/10	20min WU to SR 30 7x1min SR 30 1:30 rest btwn 15min CD PE 7/10	4K WU to SR 26 3x2K • 1km SR 22 • 500m SR 24 • 500m SR 26 4min rest btwn 2K CD PE 5/10	4K WU to SR 30 1K SR 24 • 750m SR 26 • 500m SR 28 • 250m SR 30 4min rest btwn pieces 2K CD PE 7/10	4K WU to SR 34 3x(4x10 strokes) SR 34 • 90sec rest btwn pieces • 3min rest btwn sets 4K CD PE 9/10	Stretch/Yoga	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