

2019 APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 warm up 10min: Arms + body over pause	2 warm up 10min: Rock and row pauses	3 warm up 10min: Arms + body over pause	4 warm up 10min: Rock and row pauses	5	6 warm up 10min: Arms + body over pause	7 warm up 10min: Rock and row pauses
4-3-2-1min x3 (4-5 min rest) Rate: 26-28-30-32	45 min steady state Rate: 20-22	[40' on 20' off x10]x2 (4-5 min rest b/t series) Rate: 30-32	45 min steady state Rate: 20-22		6x1k (5-8 min rest) Rate: 28-32	45 min steady state Rate: 20-22
Cool Down	Cool Down	Cool Down	Cool Down		Cool Down	Cool Down
8 warm up 10min: Arms + body over pause	9 warm up 10min: Rock and row pauses	10 warm up 10min: Arms + body over pause	11 warm up 10min: Rock and row pauses	12	13 warm up 10min: Arms + body over pause	14 warm up 10min: Rock and row pauses
4-3-2-1min x3 (4-5 min rest) Rate: 26-28-30-32	45 min steady state Rate: 20-22	[40' on 20' off x10]x2 (4-5 min rest b/t series) Rate: 30-32	45 min steady state Rate: 20-22		6x1k (5-8 min rest) Rate: 28-32	45 min steady state Rate: 20-22
Cool Down	Cool Down	Cool Down	Cool Down		Cool Down	Cool Down
15 warm up 10min: Pause half slide and gunnel tap pauses	16 warm up 20min: feet out rowing and eyes closed rowing	17 warm up 10min: Pause half slide and gunnel tap pauses	18 warm up 20min: feet out rowing and eyes closed rowing	19	20 warm up 10min: Pause half slide and gunnel tap pauses	21 warm up 20min: feet out rowing and eyes closed rowing
4-3-2-1min x3 (4-5 min rest) Rate: 26-28-30-32	45 min steady state Rate: 20-22	[40' on 20' off x10]x2 (4-5 min rest b/t series) Rate: 30-32	45 min steady state Rate: 20-22		6x1k (5-8 min rest) Rate: 28-32	45 min steady state Rate: 20-22
Cool Down	Cool Down	Cool Down	Cool Down		Cool Down	Cool Down
22 warm up 10min: Pause half slide and gunnel tap pauses	23 warm up 20min: feet out rowing and eyes closed rowing	24 warm up 10min: Pause half slide and gunnel tap pauses	25 warm up 20min: feet out rowing and eyes closed rowing	26	27 warm up 10min: Pause half slide and gunnel tap pauses	28 warm up 20min: feet out rowing and eyes closed rowing
4-3-2-1min x3 (4-5 min rest) Rate: 26-28-30-32	45 min steady state Rate: 20-22	[40' on 20' off x10]x2 (4-5 min rest b/t series) Rate: 30-32	45 min steady state Rate: 20-22		6x1k (5-8 min rest) Rate: 28-32	45 min steady state Rate: 20-22
Cool Down	Cool Down	Cool Down	Cool Down		Cool Down	Cool Down
29 warm up 10min: Pause half slide and gunnel tap pauses	30 warm up 20min: feet out rowing and eyes closed rowing					
4-3-2-1min x3 (4-5 min rest) Rate: 26-28-30-32	45 min steady state Rate: 20-22					
Cool Down	Cool Down					

An explanation of the drills is on page 6.

2019 May

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1	2	3	4	5	
Drills	Biweekly focus is forward pivot: rock and row, arms + body over pause, pause half slide							
Racing			6x5min (4'-5' rest)	[(30 strokes on, 15 strokes off) x10]x2 (4'-5' rest)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State	
Advanced			Steady State			4x1k (4'-5' off) rate: 26-28		
Novice			No Practice			Steady State		2x1k (4'-5' off) rate: 24-26
	6	7	8	9	10	11	12	
Drills	Biweekly focus is forward pivot: rock and row, arms + body over pause, pause half slide							
Racing	4x10min (4'-5' rest)	Sculling Steady State	[(30 strokes on/20 strokes off) x10]x2 (4'-5' rest)	3'-2'-2'-1'x3 (24-26-28-32) (4'-5' rest)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State	
Advanced	4x10min (4'-5' rest)					Steady State		4x1k (4'-5' off) rate: 26-28
Novice	No Practice					Steady State		No Practice
	13	14	15	16	17	18	19	
Drills	Biweekly focus is slide control: sub 10spm rowing, eyes closed rowing, pause half slide							
Racing	500mx10 (2' rest)	Sculling Steady State	6x5min (4'-5' rest)	[(30 strokes on/ 15 strokes off) x10]x2 (4'-5' rest)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State	
Advanced	500mx10 (2' rest)					Steady State		4x1k (4'-5' off) rate: 26-28
Novice	No Practice					Steady State		No Practice
	20	21	22	23	24	25	26	
Drills	Biweekly focus is slide control: sub 10spm rowing, eyes closed rowing, pause half slide							
Racing	4x10min (4'-5' rest)	Sculling Steady State	[(30 strokes on/20 strokes off) x10]x2 (4'-5' rest)	3'-2'-2'-1'x3 (24-26-28-32) (4'-5' rest)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State	
Advanced	4x10min (4'-5' rest)					Steady State		4x1k (4'-5' off) rate: 26-28
Novice	No Practice					Steady State		No Practice
	27	28	29	30	31			
Drills	Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing							
Racing	500mx10 (2' rest)	Sculling Steady State	6x5min (4'-5' rest)	[(30 strokes on/ 15 strokes off) x10]x2 (4'-5' rest)	No Practice			
Advanced	500mx10 (2' rest)					Steady State		
Novice	No Practice					Steady State		No Practice

An explanation of the drills is on page 6.

2019 June

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1		2
Drills						Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing	
Racing						6x1k (4'-5' off) rate: 28-30	
Advanced						4x1k (4'-5' off) rate: 26-28	
Novice						2x1k (4'-5' off) rate: 24-26	
	3	4	5	6	7	8	9
Drills	Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing						
Racing	4x7min (4'-5' rest)	Sculling Steady State	[(30 strokes on/10 strokes off)x7]x3 (4'-5' rest)	2'-2'-2'-1'x3 (26-28-30-32) (rest 4'-5')	No Practice	6x1k (4'-5' off) rate: 28-30	
Advanced	4x7min (4'-5' rest)		Steady State			4x1k (4'-5' off) rate: 26-28	
Novice	No Practice	Steady State	No Practice	Steady State		2x1k (4'-5' off) rate: 24-26	
	10	11	12	13	14	15	16
Drills	Biweekly focus is the drive: eyes closed rowing, front end, pair add in						
Racing	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')	Sculling Steady State	[(30 strokes on/10 strokes off)x12]x2 (4'-5' rest)	4'-2'-1'-1'x2 (28-30-32-32) (rest 4'-5')	No Practice	6x1k (4'-5' off) rate: 28-30	
Advanced	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')		Steady State			4x1k (4'-5' off) rate: 26-28	
Novice	No Practice	Steady State	No Practice	Steady State		2x1k (4'-5' off) rate: 24-26	
	17	18	19	20	21	22	23
Drills	Biweekly focus is the drive: eyes closed rowing, front end, pair add in					REGATTA: Grand Rapid Sprints	No Practice
Racing	4x500m (10' rest)	Sculling Steady State	3x1000m (10' rest)	1000m, 10 min rest, 500m			
Advanced	4x500m (10' rest)		Steady State				
Novice	No Practice	Steady State	No Practice	Steady State			
	24	25	26	27	28	29	30
Drills	Biweekly focus is the finish: square rowing, pause at the finish while squared						
Racing	4x7min (4'-5' rest)	Sculling Steady State	[(30 strokes on/10 strokes off)x7]x3 (4'-5' rest)	2'-2'-2'-1'x3 (26-28-30-32) (rest 4'-5')	No Practice	6x1k (4'-5' off) rate: 28-30	
Advanced	4x7min (4'-5' rest)		Steady State			4x1k (4'-5' off) rate: 26-28	
Novice	No Practice	Steady State	No Practice	Steady State		2x1k (4'-5' off) rate: 24-26	

An explanation of the drills is on page 6.

2019 July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
Drills	Biweekly focus is the finish: square rowing, pause at the finish while squared					REGATTA: Chicago Sprints	
Racing	4x500m (10' rest)	Sculling Steady State	3x1000m (10' rest)	1000m, 10 min rest, 500m	No Practice		
Advanced	4x500m (10' rest)		Steady State				
Novice	No Practice	Steady State	No Practice	Steady State			
	8	9	10	11	12	13	14
Drills	Biweekly focus is forward pivot: rock and row, arms + body over pause, pause half slide						
Racing	6x5min (rest 4'-5')	Sculling Steady State	[(30 strokes on/10 strokes off)x12]x2 (4'-5' rest)	2'-2'-2'-1'x3 (26-28-30-32) (4'-5' rest)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State
Advanced	6x5min (rest 4'-5')		Steady State				
Novice	No Practice	Steady State	No Practice	Steady State		2x1k (4'-5' off) rate: 24-26	
	15	16	17	18	19	20	21
Drills	Biweekly focus is forward pivot: rock and row, arms + body over pause, pause half slide					REGATTA: Summertime Sprints	
Racing	4x500m (10' rest)	Sculling Steady State	3x1000m (10' rest)	1000m, 10 min rest, 500m	No Practice		
Advanced	4x500m (10' rest)		Steady State				
Novice	No Practice	Steady State	No Practice	Steady State			
	22	23	24	25	26	27	28
Drills	Biweekly focus is slide control: sub 10spm rowing, eyes closed rowing, pause half slide						
Racing	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')	Sculling Steady State	(20 strokes on/5 strokes off)x15]x2 (rest 4'-5')	4'-2'-1'-1'x3 (26-28-30-32) (rest 4'-5')	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State
Advanced	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')		Steady State				
Novice	No Practice	Steady State	No Practice	Steady State		2x1k (4'-5' off) rate: 24-26	
	29	30	31				
Drills	Biweekly focus is slide control: sub 10spm rowing, eyes closed rowing, pause half slide						
Racing	6x5min (rest 4'-5')	Sculling Steady State	[(30 strokes on/10 strokes off)x12]x2 (4'-5' rest)				
Advanced	6x5min (rest 4'-5')		Steady State				
Novice	No Practice	Steady State	No Practice				

An explanation of the drills is on page 6.

2019 August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3	4
Drills	Biweekly focus is slide control: sub 10spm rowing, eyes closed rowing, pause half slide						
Racing	-----			2'-2'-2'-1'x3 (26-28-30-32)	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State
Advanced	-----			(4'-5' rest)		4x1k (4'-5' off) rate: 26-28	
Novice	-----			Steady State		2x1k (4'-5' off) rate: 24-26	
	5	6	7	8	9	10	11
Drills	Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing						
Racing	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')	Sculling Steady State	(20 strokes on/5 strokes off) x15)x2 (rest 4'-5')	4'-2'-1'-1'x3 (26-28-30-32) (rest 4'-5')	No Practice	6x1k (4'-5' off) rate: 28-30	Sculling Steady State
Advanced	3'-2'-1'-1'x3 (24-26-28-30) (rest 4'-5')		Steady State			4x1k (4'-5' off) rate: 26-28	
Novice	No Practice		Steady State	No Practice		Steady State	
	12	13	14	15	16	17	18
Drills	Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing			REGATTA: Master's Nationals			
Racing	1000m, 10 min rest, 500m	Sculling Steady State	No Practice				
Advanced	1000m, 10 min rest, 500m						
Novice	No Practice	Steady State					
	19	20	21	22	23	24	25
Drills	Biweekly focus is the catch: reverse rowing, front end, ultra wide grip for sweep, eyes closed rowing						
Racing	2x30min (rest 5'-6')	Sculling Steady State	4x10min (rest 3'-4')	Steady State	No Practice	3x20min (rest 4'-5')	Sculling Steady State
Advanced	2x30min (rest 5'-6')		Steady State			2x20min (rest 4'-5')	
Novice	No Practice		Steady State			No Practice	
	26	27	28	29	30	31	
Drills	Biweekly focus is the drive: eyes closed rowing, front end, pair add in						
Racing	2x30min (rest 5'-6')	Sculling Steady State	4x10min (rest 3'-4')	Steady State	No Practice	3x20min (rest 4'-5')	
Advanced	2x30min (rest 5'-6')		Steady State			2x20min (rest 4'-5')	
Novice	No Practice		Steady State			No Practice	

An explanation of the drills is on page 6.

Pause- Rock and row: pause arms away, then rock to arms and body, then row. Good for establishing rhythm

Pause- Arms and body over: arms should be extended but not rigid, legs flat still, check that left and right hands are level in sculling boats

Pause- Half slide: blade should be squared thirty degrees, check handle height position, should have arms and body over and good arm extension. First half of recovery is to establish reach and second half is to move to the stern to establish length

Feet out: constant pressure on the foot stretcher, smooth acceleration, release and get arms away just as legs and back finish, start off just with legs only and then gradually add back and arms as you gain stability

Sub 10spm: increase sensitivity to all aspects of the stroke

Square rowing: emphasizes the release of the blade without using your wrist to get the blade out of the water

Ultra wide grip for sweep: helps to learn to place the blade with the outside arm, also helps with pin rotation, feel the load on the outside arm, increase length at the front

Eyes closed rowing: to feel the boat and the other rowers

Pair add in: start with one pair and add another pair every 20 strokes, repeat so that each pair starts the sequence. Helps to feel the boat acceleration, feel yours and others impact on boat speed

Front end: start from catch and move 6 inches before releasing square, then go to legs only, then legs and back and then normal rowing. Don't let your head or chest drop at the catch, expand your chest at the entry

Reverse Rowing: start at the finish and back your blade through the water then accelerate from the catch immediately upon reaching the catch position. Focus on handle height through the recovery, catching quickly, maintaining body angle, coming out cleanly

Finish Pauses on the square: pause at the finish after every other stroke, come out square and stay square through the pause. Focuses on coming out cleanly and having good boat balance at the finish