

WEEK ONE

Day 1: 3 x 20' steady state, start with slower splits first and improve splits as you go from piece to piece (2:12 – 2:10 – 2:08), SR 22 +/- 1

Day 2: 15' warm-up followed by short pieces. 50" on – 90" off, SR 22 – 25 – 28 and then repeat, speeds like 1:55 – 1:50 – 1:45. Rest after 9 pieces for about 4', paddle for 3', then start the routine again.

Day 3: 5' warm-up followed by a pyramid. 4' on – 3' on – 2' on – 1' on – 2' on – 3' on – 4' on with 1' paddle after each piece. Keep the same stroke rate for each piece, SR 20 – 22 but have faster splits on the shorter pieces, splits like 2:12 – 2:08 – 2:04 – 2:00 – 2:04 – 2:08 – 2:12. After the pyramid rest for 3' – 4'. Do another pyramid. Row splits on the first pyramid so that you can do as well or better on the second.

Day 4: 14k steady state, just continuous, no break, SR 20 – 22, good steady state

Day 5: 15' warm-up followed by AT pieces. 10 x 1000m at 6k pace, rest 2', SR 27 +/- 1

WEEK TWO

Day 1: 3 x 20' steady state, start with slower splits first and improve splits as you go from piece to piece (2:12 – 2:10 – 2:08), SR 22 +/- 1

Day 2: 15' warm-up followed by short pieces. 40" on – 70" off, SR 24 – 25, splits about 3" faster than 6k pace. Do 12 pieces, rest for about 3', paddle for 3' and start again.

Day 3: 14k steady state, just continuous, no break, SR 20 – 22, good steady state

Day 4: 5' warm-up followed by a pyramid. 4' on – 3' on – 2' on – 1' on – 2' on – 3' on – 4' on with 1' paddle after each piece. Keep the same stroke rate for each piece, SR 20 – 22 but have faster splits on the shorter pieces, splits like 2:12 – 2:08 – 2:04 – 2:00 – 2:04 – 2:08 – 2:12. After the pyramid rest for 3' – 4'. Do another pyramid. Row splits on the first pyramid so that you can do as well or better on the second.

Day 5: 15' warm-up followed by AT pieces. 10 – 12 x 900m at 6k pace, rest 2', SR 27 +/- 1

WEEK THREE

Day 1: 14k steady state, just continuous, no break, SR 20 – 22, good steady state

Day 2: 15' warm-up followed by short pieces. 60" on – 90" off, SR 26, splits about 3" faster than 6k pace. Do 12 pieces, rest for about 3', paddle for 3' and start again.

Day 3: Day 4: 5' warm-up followed by a pyramid. 4' on – 3' on – 2' on – 1' on – 2' on – 3' on – 4' on with 1' paddle after each piece. Keep the same stroke rate for each piece, SR 20 – 22 but have faster splits on the shorter pieces, splits like 2:12 – 2:08 – 2:04 – 2:00 – 2:04 – 2:08 – 2:12. After the pyramid rest for 3' – 4'. Do another pyramid. Row splits on the first pyramid so that you can do as well or better on the second.

Day 4: 3 x 20' steady state, 19' on – 1' paddle all the way for one hour.

Day 5: 15' warm-up followed by AT pieces. 12 – 14 x 800m at 6k pace, rest 2', SR 27 +/- 1

WEEK FOUR

Day 1: 14k steady state, just continuous, no break, SR 20 – 22, good steady state

Day 2: 15' warm-up followed by short pieces. 90" on – 90" off, SR 26, splits at 6k pace. Do 12 pieces, rest for about 3', paddle for 3' and start again.

Day 3: 3 x 20' steady state, 19' on – 1' paddle all the way for one hour.

Day 4: 15' warm-up followed by short pieces.

1. set 30" on – 60" off x 6. Stay at SR 26 for each piece but decrease the splits each time, like 1:55 – 1:52 – 1:49 – 1:46 – 1:43 – 1:40.

2. set 30" on – 90" off x 10. High stroke rate for a change, build SR like SR 30 – 33 – 36 for like 6 – 6 – 7 strokes. Try to get the splits as low as you can. Have fun.

Day 5: 15' warm-up followed by AT pieces. 3 x 2000m at 6k pace, SR 27 – 28. You choose the rest period but make sure that you hold the splits.