

## SHS Girls' Crew Winter Training Program

### **DECEMBER, JANUARY, FEBRUARY, MARCH**

Program December:

MAIN EFFECT: Maximum Strength & General Endurance

Program January & February:

MAIN EFFECT: General Endurance & Muscular Endurance

Program March:

MAIN EFFECT: Basic Specific Endurance & Rowing Technique

### **INTENSITY**

The intensity is expressed in "Heart rate" with an indicated "Target Zone" based on percentage of "Maximum Heart rate." Maximum heart rate is estimated as 220 bpm minus age.

#### ***Target Zone:***

130-150

140-160

150-170

170-190

Max.

#### ***Percentage of Max:***

Up to 75%

" " 80%

" " 85%

" " 95%

" " 100%

#### ***Training effect:***

Utilization (U2)

Mainly Utilization (U1)

Anaerobic Threshold (AT)

Transportation (T)

Anaerobic (A)

*December*

Monday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Tuesday

- a) Core training
- b) Rowing 4 x 15 min; 5 min paddle U1
- c) Stretching

Wednesday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Thursday

- a) Rowing 6 x 6 min; 4 min paddle U1
- b) Stretching

Friday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Saturday

- a) Rowing, running, cycling, x-country skiing 90 min U2
- b) Stretching

Second training, if possible

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Circuit training
- c) Stretching

Sunday

- a) Rowing, running, cycling, x-country skiing 90 min U2
- b) Stretching

\* See separate sheet for Training Program

\* See the last pages for the Core training

*January*

Monday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Tuesday

- a) Rowing, running, cycling, x-country skiing 90 min U2
- b) Core training
- c) Stretching

Wednesday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Thursday

- a) Rowing 10 x 500 m full, 1' paddle T
- b) Stretching

Friday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training Program
- c) Stretching

Saturday

- a) Rowing, running, cycling, x-country skiing 90 min U2
- b) Stretching

Second training, if possible

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Circuit training
- c) Stretching

Sunday

- a) Rowing, running, cycling, or x-country skiing 90 min U2
- b) Stretching

\* See separate sheet for Training Program

\* See the last pages for the Core training

*February*

Monday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training program
- c) Stretching

Tuesday

- a) Core training
- b) Rowing 6 x 5 min; rest 5 min T
- c) Stretching

Wednesday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training program
- c) Stretching

Thursday

- a) Running, cycling, or x-country skiing 90 min U2
- b) Rowing 500 m x 12 full, 1' paddle T
- c) Stretching

Friday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training program
- c) Stretching

Saturday

- a) Rowing, running, cycling or x-country skiing 90 min U2
- b) Stretching
  
- Second training, if possible
- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Circuit training
- c) Stretching

Sunday

- a) Rowing, running, cycling or x-country skiing 90 min U2
- b) Stretching

\* See separate sheet for Training Program

\* See the last pages for the Core training

*March*

Monday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training program
- c) Stretching

Tuesday

- a) Rowing 90-120 min U2
- b) Core training
- c) Stretching

Wednesday

- a) Warming up: Rowing, running, or cycling 30 min steady state
- b) Training program
- c) Stretching

Thursday

- a) Core training
- b) Rowing 500 m x 10; 1' paddle AT/A
- c) Stretching

Friday

- a) Warming up: Rowing 5 K steady state
- b) Rowing 4-3-2-1 x 3 (22-24-26-28), rest 5' U1
- c) Stretching

Saturday

- a) Warming up: Rowing 5 K steady state
- b) Rowing (40 strokes on/20 off x 10) x 2; rest 5' T
- c) Stretching

Second training, if possible

- a) Rowing 90 min U2
- b) Core training
- c) Stretching

Sunday

- a) Warming up: Rowing 5 K steady state
- b) Rowing 4-3-2-1 x 3 (24-26-28-30), rest 5' U1/U2
- c) Stretching

\* See separate sheet for Training Program

\* See the last pages for the Core training

## Core Training

### Dynamic Warmup

Loosen up your muscles and get your heart pumping to prep your body for exercise. You could do 2 to 3 minutes of jumping jacks with squats to get your body warmed up.

### Superset 1

Do four sets of 10 triple-rep (i.e. 1,2,3...1; 1,2,3...2) mountain climbers immediately followed by 10 legs down. See the next slides for details on how to do these moves properly.

#### *Mountain Climbers*

Get into a pushup position. While keeping your upper body in place, alternate leg positions by extending forward your right leg under your body, then immediately returning your right leg back while bringing your left leg up. Do 10 triple reps.



#### *Legs Down*

Lie on your back with your arms down at your sides or behind your head. Raise your legs up into the air. Keeping your knees and feet together, lower your feet down toward the ground. Bring them back up and lift your hips off the ground. Do 10 reps.



## Superset 2

Do four sets of 10 plank rows immediately followed by 10 weighted situps. See the slides below for details on how to do these moves properly.

### *Plank Row*

Start in a plank position with your legs wide to create stability. Hold onto your dumbbells. Keeping your core tight and your back flat, lift your right elbow toward the ceiling to row the weight. Return the dumbbell to the ground and repeat on your left side. That's 1 rep. Do 10 reps.



### *Weighted Situp*

Sit with knees bent, feet on the floor, while holding either one or two dumbbells overhead. Lower your back down to the floor. Come back up and repeat for 10 reps.



## **Plank Series**

Do 3 variations of a plank, holding each one for 1 minute. See the next slides for details on how to do these moves properly.

### *Side Plank*

Lie on your left side. Place your left forearm under your left shoulder with your legs stacked, knees and hips straight. Raise your hips and extend your right arm in the air. Hold for 1 minute.



### *Forward Plank*

From the side plank, rotate your body so you are facing the floor. Support your body on your elbows and toes. Keep your back and hips steady so that they form a straight line from your head and neck. Hold for 1 minute.





### *Side Plank*

From forward plank, rotate your body and come into another side plank, this time on your right side. Place your right forearm under your shoulder with your legs stacked, knees and hips straight. Raise your hips and extend your left arm in the air. Hold for 1 minute.



### *Oppositional Burpees*

Jump up into the air. Then come down, squatting down, and putting the palms of your hands on the floor in front of you. Kick both feet back, so that you are in a plank position. Lift your right arm and your left leg into the air. Put them back down. Then, lift your left arm and your right leg into the air. Put them back down. Do a pushup. Then jump up into the air. That's 1 rep. Start with 4 reps and build up from there.

