



## **6 WEEK BEGINNERS PROGRAM EXAMPLE**

This is a general aerobic fitness rowing program for WaterRower users who have just started rowing.

### **Tips**

- Row for a minimum of 5 minutes and a maximum of 20 minutes when starting out.
- Always begin your workouts easily and steadily to warm your body up - you may find that you have a few aches and pains after the first few workouts - keep it gentle till your body is used to the new workout regime.
- Concentrate on technique at all times, especially on having a **long stroke length** (full reach of the arms and full compression of the legs), **strong posture** and a **good ratio and rhythm**.
- Keep a log of what you do each week, it will help with monitoring progress and motivation.
- Include other forms of exercises such as walking, jogging, tennis, swimming, weight training etc. into your week.

### **Week 1&2**

- Begin with 3 to 4 exercise (can be 2 or 3 rowing and 1 or 2 other types of exercise) sessions a week, of between 10-20 minutes per session
- All sessions should be of light intensity - aim to keep your heart within 60-70% of your maximum heart rate (M.H.R.) when exercising
- Rowing sessions should be technique orientated. Please see <http://www.watercoach.com/home/howtorow.htm> for information on technique.
- Log your time, distance and how you feel after each of your rowing sessions
- 1 or 2 session can be a 20-30' brisk walk, light cycle, swim, tennis or other activity
- Focus on stretching for these first 2 weeks as your body may have a few aches and pains. Stretch for at least 10 minutes after each exercise session and hold each stretch for at least 20 seconds

### **Week 3&4**

- Maintain 3 to 4 sessions a week (3 on the WaterRower and one other)
- In the 4th week increase the duration of one of your sessions on the WaterRower to 25 minutes keeping it light intensity, heart rate at 60-70% of M.H.R.
- Maintain regular stretching routine after each row, can also include a few abdominal exercises after your rowing sessions.

### **Week 5&6**

- Can add in another exercise (rowing or another activity) session into your week, that is a total of 3-5 sessions a week
- On the WaterRower increase 2 of your sessions to at least 25 minutes steady state, heart rate 60-70% of M.H.R
- Keep stretching after every workout
- You can include other strength exercises as well as abdominal exercises after each session, for example do a mini circuit of 3 x 10 to 20 of each ab crunches, push ups, lunges & dips

## **WaterRower**

European HQ: 25 Acton Park Estate, The Vale London, W3 7QE, UK, Tel: +44 (0)20 8749 8400, [www.waterrower.co.uk](http://www.waterrower.co.uk)  
US HQ: 560 Metacom Avenue, Warren, RI 02885, USA, Tel: +1 (401) 247 7742, [www.waterrower.com](http://www.waterrower.com)



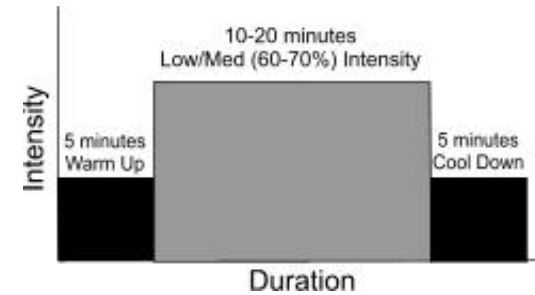
## Explanation of Rowing Sessions in Weekly Routine

### STEADY STATE ROW SESSION

This is continuous rowing with a consistent stroke rate and intensity over a set period of time. The duration of the workout can vary between 10-25 minutes, depending on how many weeks you have been rowing for. Stroke rates are usually between 18-24spm.

Intensity 55-70% of your maximum heart rate.

Speed (shown on your monitor in m/s, mph, /500m, watts, cal/hr) – this number dependant on your fitness & rowing technique, the most important thing when rowing steady state is to hold your stroke rate & speed consistent.

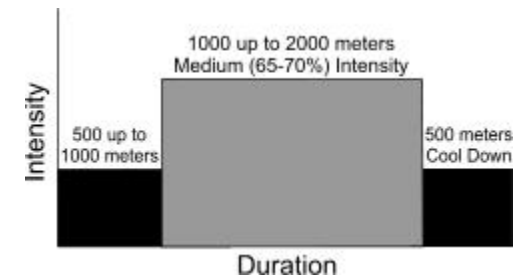


### DISTANCE ROW SESSION

This is steady state rowing for a certain distance, usually it is a little higher in stroke rate & intensity than a timed steady state piece. Set your monitor to a distance workout so you can count down a set distance for your session. Set a distance of 1000 meters up to 4000 meters (0.5 mile up to 2.5 miles). Time range is anywhere between 5 minutes up to 25 minutes.

Stroke rates are usually around 22-24 strokes per minute (spm).

Intensity 65-70% of your maximum heart rate.



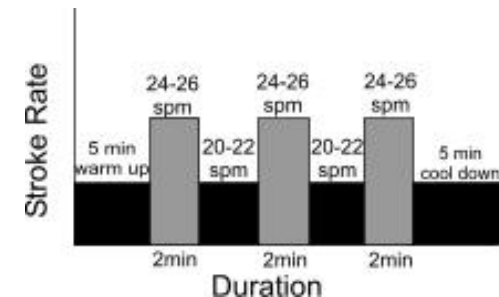
### CASTLES ROW SESSION

This session breaks up a long steady state row into sets of different stroke ratings.

After a warm up of 5-10 minutes, increase your stroke rate by 2spm for 1 up to 2 minutes, then slow down your stroke rate for 1 or 2 minutes and repeat until your sessions is up. That is until 10 minutes up to 20 minutes is complete. Then cool down for 3 up to 5 minutes. The changes in stroke rate and intensity are small (this is not an interval session). *Do not think of it being harder work, just a little looser and quicker.*

Stroke rates can vary between 18-26spm.

Intensity should be between 55-75% of your maximum heart rate.



Alternatively you can choose to use distance when changing the stroke rate; e.g, every 200 meters change your stroke rate by 2spm.

## **WaterRower**

European HQ: 25 Acton Park Estate, The Vale London, W3 7QE, UK, Tel: +44 (0)20 8749 8400, [www.waterrower.co.uk](http://www.waterrower.co.uk)

US HQ: 560 Metacom Avenue, Warren, RI 02885, USA, Tel: +1 (401) 247 7742, [www.waterrower.com](http://www.waterrower.com)



## 6 WEEKLY TRAINING OUTLINE FOR BEGINNERS

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<b><u>WEEK</u></b> <b><u>1</u></b>	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk	STEADYSTATE 10-20 mins & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<b><u>WEEK</u></b> <b><u>2</u></b>	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk	DISTANCE ROW 2000-3000 meters & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<b><u>WEEK</u></b> <b><u>3</u></b>	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk	STEADYSTATE 10-20 mins & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<b><u>WEEK</u></b> <b><u>4</u></b>	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk	DISTANCE ROW 2000-3000 meters & stretch	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-20 mins & stretch	DAY OFF or other exercise – long walk
<b><u>WEEK</u></b> <b><u>5</u></b>	STEADYSTATE 10-25 mins & stretch	DAY OFF or other exercise – long walk	DAY OFF or light 20 minute steady state row	CASTLES 8-12 mins & stretch	DAY OFF	STEADYSTATE 10-25 mins & stretch	DAY OFF or other exercise – long walk
<b><u>WEEK</u></b> <b><u>6</u></b>	STEADYSTATE 10-25 mins & stretch	DAY OFF or other exercise – long walk	DISTANCE ROW 2000-4000 meters & stretch	CASTLES 12-16 mins & stretch	DAY OFF	STEADYSTATE 10-25 mins & stretch	DAY OFF or other exercise – long walk

The days selected for rowing in the weekly outline below may not be appropriate for you, if you need assistance with changing the weekly outline then please contact [advice@watercoach.com](mailto:advice@watercoach.com).

Please use this program for 6 weeks, after which you can contact [advice@watercoach.com](mailto:advice@watercoach.com) for additional rowing session ideas or for a new 6 week program. **Please remember everyone is different so please use these suggestions and the 6 week training outline as a guideline.**

After 6 weeks of regular rowing move onto the Intermediate program.

### **WaterRower**

European HQ: 25 Acton Park Estate, The Vale London, W3 7QE, UK, Tel: +44 (0)20 8749 8400, [www.waterrower.co.uk](http://www.waterrower.co.uk)  
 US HQ: 560 Metacom Avenue, Warren, RI 02885, USA, Tel: +1 (401) 247 7742, [www.waterrower.com](http://www.waterrower.com)