

ROXD
TRAINING

FITNESS RACING

8 WEEK ROW PROGRAMME

WELCOME TO THE ROXD TEAM

Since we love training, and know you do too, we've included this 8 week programme as a little extra bonus to go with your order.

This training block is designed to improve your endurance, speed and power - supporting you in achieving your race goals.

Good Luck.
Work Hard.
Have Fun.

Huw & Charles
ROXD Team



SESSION 01

2000M TEST

This is where we establish your base for the block.

Perform:

1 x 2000m

Pacing:

Complete the 2000m test as fast as possible.

Once you have completed the test, make a note of your AV/500m, as this will determine the pacing for future workouts.

...and remember to tag us on instagram @roxd_sport

TEST GUIDANCE:

If you're new to testing on a rower, here's a few tips that may be helpful.

General Guidance:

- Perform a 5 minute pulse raise warm up on the rower prior to beginning the test. This is at an easy pace, looking to get your HR up to around 120-130 bmp.
- Since this is a maximal effort test, it can be helpful to perform this with the support of a training partner to encourage you as you fatigue. Alternatively, if you thrive in competition, performing it as part of a group will likely result in a better time.

Concept 2 Guidance:

- Since the 2K test is a common test performed on the rower, it is an available program on the 'Start Workout' menu of your concept 2 rower.



FIGHT FOR *EVERY* SECOND

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SESSION 02

SPEED

Perform:

8 x 500m intervals

Pacing:

Perform each interval **3 seconds faster** than your average 2K average pace per 500m. $(2K\ AV/500 - 3)$

Rest:

1:2

Rest for half of the time it takes for you to perform the previous 500m effort.

SESSION 03

ENDURANCE

Perform:

4 x 1500m intervals

Pacing:

Perform each interval at your $2K\ AV/500m + 6$

Rest:

5:00

Rest for 5 minutes between efforts.



REMOVE BEFORE CLASS [®]

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SPORT

SESSION 04

SPEED

Perform @ Pacing:

2 x 250m @ MAX effort
2 x 500m @ 2K AV/500m -3
2 x 750m @ 2k AV/500m - 2
2 x 1000m @ 2K AV/500m - 1

Rest:

1:2

Rest for half of the time it takes for you to perform the previous 500m effort.

SESSION 05

ENDURANCE

This session involves three longer, intervals to build your aerobic base and improve endurance.

Perform:

3 x 2000m intervals

Pacing:

Perform each interval @ 2K AV/500m + 8

SESSION 06

POWER

This session is a little different, and looking at training the energy systems associated with power output - with short, near maximal efforts. This one will hurt, but hang on.

Begin by setting the display units to WATTS.

Perform:

2 x 10s maximal efforts.

Take the average of these two efforts and multiply by **0.9**. This is your target power for the following intervals:

20 x 10s @ Target Power (Watts), Rest 60s

If you're unable to hit your target power, increase the rest duration to 120s.

SESSION 07

SPEED

Perform:

4 x 1500m intervals

Pacing:

Perform each interval at your 2K average pace per 500m.

SESSION 08

2000M RETEST

You've reached the end of the 8 week block, now it's time for the victory lap - retesting your 2K time to see how your conditioning has improved.

Same advice stands as with your original test in week 1.

Good luck and we hope to see you at a race very soon.

Perform:

1 x 2000m

Pacing:

Complete the 2000m test as fast as possible.

For more training plans and coaching visit www.roxdsport.com