

# 5000m Row Plan

Simple program to for a key distance

3 workouts a week, in a four week cycle. The cycle can be run consecutively as many times as desired and key metrics (i.e. the 5000m) are improving.

Designed to be used as primary exercise plan, strongly suggest pairing with resistance training 2x week.

Unless noted, set the flywheel damper to between 3-6. If you will be using the Erg Data app, try to find the setting that gets you a drag factor between 110-120.

Stroke Rates should be between 20-30.

Remember to focus on technique each and every stroke.

Technical Primer:

- 1) Starting from the Catch, Drive with your legs,
- 2) then open your hips,
- 3) then snap your hands to your sternum.
- 4) Release your hands,
- 5) Close your hips,
- 6) And bend your knees until you get back to the Catch position

The Catch Position:

1. Heels down, feet flush against the foot stretcher
2. Knees bent
3. Back tall
4. Chest and hands forward

Keep a loose overhand grip on the handle, thumb around, at the ends of the handle.

Breathe when you need to! If you're looking for an easy to remember cadence is to breath out at the Catch and at before you release your hands.

Let's get to the workouts!

Week 1	5000m row	15x 1 minute on/1 minute off	5x 1000m, 2 minutes rest
Week 2	6000m row	8x 400m, 2 minutes rest	2x 2000m, 4 minutes rest
Week 3	8000m row	8x 500m, 2 minutes rest	2x 3000m, 4 minutes rest
Week 4	10000m row	8x 500m, 1 minute rest	5000m row re-test

**NOTES:**

- On the first 5000m row of the cycle, each 1000m segment should get progressively faster. E.g. for a 2:00 target split for 5000m, your 1000m splits should be something like
  - 2:04 - 2:05
  - 2:01 - 2:02
  - 1:59 - 2:00
  - 1:58 - 1:59
  - 1:56 - 1:57
- Your average pace for that 5000m is your goal pace for next week's 6000m. Your actual average pace for the 6000m (whether or not you achieved the target pace) is your goal for the 8000m; and your actual 8000m pace is your target for the 10000m.
- Be very conservative with the intervals in the first week - the 1 minute average split is your goal for the 400s; your actual average for 400s for the 500s, and trying to hold that pace with half the rest in week 4.
- Likewise, your 1000m pace is your target for the 2000m pieces the following week, the 2000m actual pace becomes the 3000m target, and the 3000m pieces actual becomes the target for your 5000m re-test. It should, obviously, be faster than your first 5000m of the cycle, but even a second per split adds up fast at distance.
- Optionally, you can add a 30 minute steady state piece on any day you're not already rowing.
- Here's the resistance training I'm doing, on two days I don't row.

Back Squat 4-8 reps x 4 sets Press 4-8 reps x 4 sets Pull-ups 6+ reps x 3 sets	Deadlift 4-8 reps x 4 sets Bench Press 4-8 reps x 4 sets Alternating Reverse Lunges 8-12 reps x 3 sets
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I use Gymboss and set a repeating timer for my worksets to start on every 4th minute. With 11 sets listed, the most time the work portion of these should take is about 45 minutes. You may need 5-10 minutes to work up to your first working set, and probably less for the second lift. The rate of perceived exertion (RPE) for all work sets hovers between RPE 6 and RPE 8. If you need percentages, they are between 65-85% of 1 rep max, where applicable. Generally, I stick with a rep range for 2 weeks. If week one goes well, I add a little weight the next week. Then I move down from 8 reps to 6s, 6s to 5, 5s to 4s. You can (and should) do 6-10 minutes of ab work twice a week, any day.