Oarsome Indoor Rowing Plan for Women 40+

4-week Training plan for Women over 40, Level Beginners

Week 1 – Discovering Rowing

Day 1 – Introduction to Technique

- Warm-up: 5 min light rowing @ 18 SPM, arm swings, shoulder rolls, hip openers
- Main Set: 3x6 min @ 18–20 SPM, 1 min rest, focus on stroke sequence (legs → body → arms)
- Cooldown: Light rowing @ 16 SPM + stretching

Day 2

- Warm-up: 5 min light row, Rowing drills (1min each position)
- Main Set: 2x10 min @ 20 SPM, 10-stroke power burst every 3 min
- Cooldown: Gentle breathing, and full body stretching

Day 3

- Warm-up: 5 min row + balance/mobility exercises
- Main Set: Circuit: 3 min row @ 20 SPM, 2 min off-erg: wall pushups, seated squats (repeat 4x)
- Cooldown: Group cool-down stretch

Week 2

Day 1 – Learning the Stroke Rhythm

- Warm-up: Rowing drill: arms-only, legs-only, full strokes (2 min each)
- Main Set: 3x8 min @ 20–22 SPM (1.5 min rest), focus on rhythm
- Cooldown: Neck, back, and glute stretch

Day 2 – Endurance Training

- Main Set: 15 min continuous row @ 20 SPM, 3x1 min bursts @ 24 SPM (1 min rest)
- Cooldown: Foam roll or tennis ball under glutes

Day 3 – Learning to control the Rhythm

- Main Set: Pyramid: 3-4-5-4-3 min (SPM: 18 → 22 → 24 → 22 → 18)
- Cooldown: Calm music + guided stretch by an instructor

Week 3 – Involving Strength

Day 1

- Warm-up: 5 min light row, Rowing drills (1min each position)
- Main Set: 4x5 min @ 22 SPM, 10 bodyweight squats + 30s plank between each
- Cooldown: Stretch chest, hamstrings, and hip flexors

Day 2 – Team training

- Warm-up: 5 min light row, mobility exercises
- Main Set: Partner row: A rows 2 min while B rests (alternate 5x each)
- Cooldown: Group circle stretch & chat

Day 3

- Warm-up: 5 min light row, plank 3x30sec, abs 2x20reps
- Main Set: 2x10 min @ 20 SPM + 15s power every 2 min, 4 min cool-down row @ 18 SPM
- Cooldown: Deep glute and lower back stretch

Week 4

Day 1

- Warm-up: 5 min light row, then 20strokes @24 SPM, 15strokes @26SPM, 10 strokes @28SPM
- Main Set: 3x6 min @ 22 SPM, try to increase total meters each round
- Cooldown: Journal how it felt + stretching

Day 2

- Warm-up: 5 min light row, Rowing drills
- Main Set: 3 rounds: 4 min row @ 20–22 SPM + 8 wall squats, 8 glute bridges, 20s plank
- Cooldown: Music stretch session

Day 3

- Warm-up: 5 min light row, mobility exercises
- Main Set: 20 min row, change SPM every 4 min: 18 → 20 → 22 → 20 → 18
- Cooldown: High-five cooldown