Oarsome Women

Training Plan

Our training philosophy: the goal is to create a positive and supportive environment where every woman can train according to her goals and abilities. We respect and appreciate each participant's limits and will tailor the training to fit their needs. This program is designed to promote overall well-being, encourage having fun, and enjoy exercising together.

Adjustment week 1

The first 4 training sessions will take place in the gym in the ergometers and the rowing tank, where it is safe and controlled. These sessions will focus on introducing the athletes to the rowing equipment, teaching them proper technique, and practicing fundamental drills. This phase is essential for laying a solid foundation before progressing to more advanced workouts.

Adjustment week 2

In the second adjustment week, athletes will transition to the rowing boat for the first time. Under the guidance of a rowing coach, they will learn how to safely get in and out of the boat, how to balance it, and begin rowing short distances. The focus will be on building comfort on the water while reinforcing basic techniques and following the basic traffic patterns and water movement rules.

Training Plan -Week 1

Day	Workout plan	Notes
Monday	-**Warm-up**:10 min light rowing -**Main session:** 30 min long, steady distance rowing - **Cool-down**: 10 min easy rowing	Stroke rate: 20-22
Wednesday	-**Warm-up:**10 min light rowing **-Main session**: Intervals: (20 strokes hard/ 10 strokes easy x 7) x 2 sets -**Cool-down:** 10 min easy rowing	Stroke rate: 26-28
Friday	**-Warm-up:**10 min light rowing **- Weight lifting** (5 exercises/ 3 sets x12 reps) **-Stretching**	Weightlifting exercises: 1. Squats 2. Bench press 3. Bent-over Rows 4. Seated Cable row 5. Abs / Back extensions
Saturday	-**Warm-up**:10 min light rowing -**Main session:** 10 min steady rowing/ 5 min technique drills- repeat 3 times **-Core training**	Stroke rate: 20-22

*Training sessions will take place on the water. However, in the case of bad weather, we will move the session indoors and use the ergometers.

* The weightlifting session is important to support your overall well-being, improve posture, and build the strength needed for rowing, without pushing your limits.

Training Plan -Week 2

Day	Workout plan	Notes
Monday	-**Warm-up**:10 min light rowing -**Main session:** 30 min long, steady distance rowing - **Cool-down**: 10 min easy rowing+ technique drills **-Weightlifting**	Weightlifting exercises: 1. Squats 2. Bench press 3. Bent-over Rows 4. Seated Cable row 5. Abs / Back extensions
Wednesday	-**Warm-up:**10 min light rowing **-Main session**: Stroke Pyramid Intervals x 2 sets: 10 hard strokes/ 10 easy 20 hard/ 20 easy 30 hard/ 30 easy 20 hard/20 easy 10 hard/10 easy -**Cool-down:** 10 min easy rowing+ technique drills	Stroke rate: 26-28
Friday	**-Warm-up:**10 min light rowing **- Main Session:** 30 min long, steady rowing + Core training **-Stretching**	Stroke rate: 20-22
Saturday	-**Warm-up**:10 min light rowing -**Main session:** 2 min hard rowing/ 2 min rest x 5 times **-Cool-down:** 10 min easy rowing	Stroke rate: 26

Training Plan- Week 3

Day	Workout plan	Notes
Monday	**-Warm-up**:10 min light rowing -**Main session:** 10 min steady rowing/ 5 min technique drills x 3 times - **Weightlifting**	Weightlifting exercises: 1. Squats 2. Bench press 3. Bent-over Rows 4. Seated Cable row 5. Abs / Back extensions
Wednesday	-**Warm-up:**10 min light rowing **-Main session**: 4km at 20-24 -**Cool-down:** 10 min easy rowing	Alternating stroke rates every 500
Friday	**-Warm-up:**10 min light rowing **- Main session:** 30 min long, steady rowing -**Cool-down:** 10 min easy rowing **-Stretching**	Stroke rate: 20-22
Saturday	-**Warm-up**:10 min light rowing -**Main session:** Progressive intervals: 1 min hard/ 2 min rest 2 min hard/ 2 min rest 3 min hard/ 2 min rest 4 min hard/ 2 min rest **-Cool-down:** 10 min easy rowing+ technique drills	Stroke rating: 26-28