

## MWSculls.com

*Sculling well is a lifelong pursuit.*

New for this winter, I intend to post a weekly workout plan with suggested workouts each week on my website. The workouts can be done on your own or with a group.

*Note, please be sure to exercise at your own pace and take your time. None of the workouts are required and the following is only intended as suggested workouts to try.*

On Saturdays from 11/10/2018-2/16/2019, Sagamore Rowing will be holding group workouts for adults at their indoor facility on Hamilton Avenue in Oyster Bay, NY. I'll be leading the group workouts. Note I'll be away on 11/24, 12/08, and 12/22, so our Head Coach Jason will be leading those workouts.

Visit the [Winter Rowing for Adults page on Sagamore Rowing website](#) for more info.

–Mike

Download This Week's Workouts (PDF)

### **Week of 11/05/2018:**

Monday, 11/05      OFF

Tuesday, 11/06

- 5 x 12' rate change 18-24 / 2' rest
  - Row five 12' pieces. In each piece change the rate every 3'.
  - The first 3' @ 18 spm.
  - Then 3' @ 20 spm.
  - Then 3' @ 22 spm.
  - Then 3' @ 24 spm.
  - Rest 2'. Then repeat.

Wednesday, 11/07      OFF

Thursday, 11/08

- Warmup: 10'
  - The first 4' @ 18 spm.
  - Then 3' @ 20 spm.
  - Then 2' @ 22 spm.
  - Then 1' @ 24 spm.
- Stretch: 5'
- Workout: 10 x 2 min / 1 min easy
  - Pre-set the monitor for a work time of 2:00 and a rest time of 1:00.

- Alternate two minutes of fairly intense rowing with one minute of relaxed rowing, for a total of 30 minutes.
- Cool Down: 15'
  - The first 5' @ 22 spm.
  - Then 5' @ 20 spm.
  - Then 5' @ 18 spm.
- Stretch: 10'

Friday, 11/09            OFF

Saturday, 11/10        Open Row at Hamilton Ave – **Group Workout with Mike**

- Our group workouts will run from 8-9:30 a.m.
- The workouts will begin and end on time, so please feel free to arrive 10 minutes early.
- Short Erg Demo:
  - Using the Drag Factor
  - Technical Focus: Hands, Seat, and Feet
- Warm-up:
  - 10' Erg (4' @ SR18, 3' @ SR20, 2' @ SR22, 1' @ SR24)
  - 5' Dynamic Stretching Routine
- Workout: 3 x 15 min with rate increase / 3 min easy
  - Row three 15 minute pieces. Row the first five minutes of each @ 20 spm. Then four minutes @ 22 spm, three @ 24, two @ 26 and one @ 28. Row for three minutes at light pressure during the rest period.
- Stretching:
  - 10' Stretching Routine

Sunday, 11/11

- Warm-up:
  - 15' Erg (5' @ SR18, 5' @ SR20, 5' @ SR22)
  - 5' Dynamic Stretching Routine
- Workout: 2 x 2000m @ SR26, plus bursts / 4 min easy
  - Row two 2000 meter pieces @ 26 spm with 10 strokes hard every 500m. Row for four minutes at light pressure during the rest period.
- Cooldown/Stretching:
  - 10' Erg (5' @ SR20, 5' @ SR18)
  - 10' Stretching Routine