

8-Week Club Rowing Training Plan

UT2 - conversational, rate 18-20. Aerobic base; the bulk of the plan.

UT1 - firm, short sentences, rate 20-24. Aerobic power and rhythm.

AT - hard, few words, rate 24-28. Threshold; race-length endurance.

TR - very hard, no talking, rate 28-34. Race pace and change-ups.

WK	FOCUS	SESSION 1 - STEADY (WATER OR ERG)	SESSION 2 - STEADY (WATER OR ERG)	SESSION 3 - QUALITY (ERG EQUIVALENT IN BRACKETS)	LAND / STRENGTH	CREWS AND BOATS
1	Base and technique reset	50 min UT2, rate 18, technique focus each 10 min	60 min UT2, rate 18-20	3 x 10 min UT1, 3 min paddle (erg: same)	40 min: squat, hinge, pull, core	
2	Base volume up	60 min UT2, rate 18-20	65 min UT2, include 3 x 1 min at 24	4 x 10 min UT1, 3 min paddle (erg: same)	40 min: as week 1, add weight	
3	Rhythm at rate	60 min UT2, rate 19-20	70 min UT2, negative split second half	5 x 5 min AT at 24-26, 4 min paddle (erg: same)	45 min: add single-leg work	
4	Recovery - volume down a third	40 min UT2, relaxed, rate 18	45 min UT2, technique only	2 x 12 min UT1, relaxed (erg: same)	30 min: mobility and core only	
5	Threshold block	60 min UT2, rate 19-20	70 min UT2, steady throughout	4 x 7 min AT, 5 min paddle (erg: same)	45 min: full programme	
6	Race-pace introduction	60 min UT2, include 4 x 20 stroke bursts	65 min UT2, rate 19-20	6 x 3 min TR at 28+, 4 min paddle (erg: same)	40 min: maintain, reduce volume	
7	Sharpening	55 min UT2 with 6 x 15 stroke change-ups	60 min UT2, relaxed	8 x 90 sec TR with rate change-ups, 3 min paddle (erg: same)	30 min: light, fast movements	
8	Taper and race or test	40 min UT2 with 4 x 10 stroke bursts	30 min UT2, day before race, loose	Race - or 2k test, last 500m at full rate	Rest or 20 min mobility	

General club training plan, not individual coaching or medical advice. Adapt volumes to your squad's experience and age; members returning to sport should check with a doctor before starting intensive exercise. Set zone target splits with the free training pace calculator at rowhq.app/nz/tools/training-pace-calculator.