

LINCOLN MARITIME CENTER,
INC

Hingham, Ma.

www.lincolnmaritime.org

2004-2005

Off Season Rowing Workouts

Lincoln Sailing Center Rowing Program Winter Workouts

Weights for November 2004

Winter erg and weight training is to be done 2 times a week, with about 3 minutes rest between exercise sets.

Shoulder Press:

*Pressing the boats over head on the dock
2 X 10 (2 sets, 10 reps each)*

Sitting in a straight backed chair, with a 2.5 or 5lbs bag of flour in each hand, starting with your hands near your shoulders, elbows pointed to the ground, press your hand straight up, so your arms become fully extended, then slowly back down, keeping your back straight, looking forward.

One Leg Squat:

*Getting out of the boat, leg drive
3 X 8 each leg (3 sets, 10 reps each)*

This can be done on the bottom step of a set of stairs, or just on the floor. Balance can be an issue, putting your hand on the wall is OK, better to lean the back of your hand against the wall, it will give you some assistance, but also force you to balance more on your own.

Bend your leg, so you lower yourself, trying to keep your torso over your hips and up right so you stay balanced. Lower your self as much as you can, but not so the top of your thigh goes past being parallel to the floor, press your self back up. A slow steady continuous movement is best.

Bent Over Row:

*Upper body strength, the finish of the stroke
3 X 8 each arm (3 sets, 8 reps each)*

This can be done with a dumb bell or anything else you can find that is easy to grip, and would weight about 2 to 3 pounds or what you are capable of using. Kneeling on a bench, or with one knee on a chair and your hand on a table in front of you. So if you were going to use your left hand, your right knee would be on the chair, left leg on the floor, torso between 45 degrees, and parallel to the floor. So your arm can point straight down, pulling the weight up, your hand goes past your body, elbow up high, hand to the side of your rib cage. The pull of the weight up should be a little quicker than the process of lowering the weight, to simulate the oars coming in to the finish.

Core Work:

formally known as abs or sit ups

The power center of your body is between your thighs and your ribcage; most of all the power you generate comes from here. So it makes sense to keep this area strong. It also offers protection for your lower back.

Windshield Wipers:

3 X 5 (3 sets of 5 reps each)

One of my favorite exercises for the core is a modification of a rock climber's routine. I have only known of them as windshield wipers, and they are very effective for the abs, oblique and hips all at one time.

Lay on the floor on your back, legs together, over to one side. So that your legs are on top of each other, and 90 degrees to your torso. Arms out to the side for balance and leverage. Bring your legs up together, passed vertical down to the opposite side, lowering your legs slowly keeping the legs straight as possible and touching each other. Then do it again bringing your legs back to the original position. This makes one. If this proves to be too much, it can be done with the legs tucked up in a semi fetal position. Trying to do most of the lifting with your hips and abs.

Crunches:

for the 6 pack

3 X 10 (3 sets, 10 reps each)

Lying on your back, thighs vertical, shins parallel to the floor, hands folded across your chest. You want to roll your upper back up off the floor, then back down again in a slow and controlled motion, trying to bring as much of your upper back off the floor as possible, and trying not to stop between sit ups.

These can also be done on a physio ball, keeping your feet planted on the floor. It is actually much harder on the ball since so much balance comes in to play.

Lincoln Sailing Center Rowing Program

Winter Workouts

ERG Workout I - November 2004

Week 1

Mon	Tues	Wed	Thurs	Fri
2 x 20 minutes 3 minutes rest Base rate 18 – 20 spm 1st 20', feet out work on hand motion in to and out of the finish 2nd 20', feet in Hands level to the catch	Weights/ Exercises	2 X 20' Erg 3' rest Base rate 18 – 20 spm Feet out for both, hands in to and out of the finish with out stopping, smooth	Weights/ Exercises	2 x 20' 3' rest Base Rate 18 – 20 spm Feet out for the 1st Feet in for the 2nd. Smooth motion in to the finish, and out, hands level

Week 2

Mon	Tues	Wed	Thurs	Fri
2 X 15' Base Rate –2 18 – 20 spm Work on: Body swings out from the finish, feeling the weight shift to the front half of the seat. Hands lead the body	Weights/ Exercises	2 X 15' Base Rate 18 – 20 spm Work on: Body swing out from the finish, feeling the weight shift to the front half of the seat. Hands lead the body	Weights/ Exercises	2 X 15' Base Rate 18 – 20 spm Work on: Body swing out from the finish, feeling the weight shift to the front half of the seat. Hands lead the body

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute

For the first 2 weeks of erging, the main goal and focus is to get used to rowing the machine. While in many ways it is totally unlike rowing in a boat, it is still a great simulation, and can afford you the chance to work on small parts of the stroke, with out having to worry about team dynamics. It is also a chance to develop bad habits, so the rowers must stay alert to rowing properly.

The first 2 weeks are designed to be lower efforts at lower stroke rates. The effort will be sort of subjective, until there is a distance test done to find out a sustainable effort.

The two big numbers to pay attention to when erging are the 500M split, which is in the center of the screen, and the stroke rate, in the upper right hand corner. The 500M split can be gotten to by toggle through the options. This will be the basis for almost all other workouts in the future.

If you wear a heart rate monitor, these first two weeks should be done at about 60% of max. These initial rows will not be meant to tax or exhaust you, but to develop a cardio base. Your heart needs to be trained just like your legs or arms, and needs to be brought along slowly.

If you do not have a heart rate monitor (HRM), these should be done at a pace where conversation is easy. Using short words only, but paying very close attention to style.

For those thinking about the CRASH-B's starting next segment there will be an option of a more intense effort to start the prep for that.

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout II - November 2004

After the first 2 weeks of getting used to rowing on the erg, now comes the time to establish a base line for the next 6 weeks.

The standard measure is a 5k or 20 minute test, I think 20 minutes will be better, since the 5 k will most likely take longer than 20 minutes.

First you have to set the clock to count down mode, hit the time button, and then using the arrows you can set it for 20 minutes. Once it is set, you can then toggle through the screens, until you get back to the 500-meter split time. The clock will start as soon as you begin to row.

For this test, which is fairly long effort, you need to try pretty hard to get your best score, which will be your 500-meter average, and will be the basis for your effort for the next 6 week. Pacing is key. It should be a strong effort from the start, a full power effort that you can maintain for the distance.

That being said, good luck. Record your splits when finished.

Week 3

Mon 15th	Tues	Wed	Thurs	Fri
20' Erg test A 10' warm up before you start Record 500m splits and distance Stroke rate open	Weights/ Exercises	2 X 20' 1st 20' @ + 15" Over 20' test 500 ave 20 SPM 2nd 20' +13" over 20 minute test 3' rest between	Weights/ Exercises	2 x 20' 1st 20' @ +15" Over 20' test 500 ave 20 SPM 2nd 20' +13" over 20 minute test 3' rest between

Week 4

Mon 22nd	Tues	Wed	Thurs	Fri
3 X 15' 1 & 2 @ +15" @ 20 spm 3 @ +12 @ 22 spm 5' between	Weights/ Exercises	4 x 10' 1 & 4 @ + 15" @ 20 spm 2 @ + 13", 22 spm 3 @ + 12" 22 – 24 spm 5' rest	Weights/ Exercises	3 X 15' 1 & 2 @ +15" @ 20 spm 3 @ +12 @ 22 spm 5' between

Short hand for the workouts:

Seconds - “
Minutes - ‘
SPM – strokes per minute

Again if you are having trouble completing the workouts, scale back on the speed, slow it down to the point where you can complete the work out, and yet are feeling the effects of the effort.

This is a building exercise, and should be done slowly to gain maximum benefit for the long term.

At the start of December I will add to the weight and exercise routine.

Any questions can be sent to barecovecharters@hotmail.com

Lincoln Sailing Center Rowing Program Winter Workouts

Weights for December 2004

This is the second set of exercises for the winter; there will be some new additions to the routine. As always if you have any pain stop doing the exercise at once.

When doing any exercise, or on the erg, a good rule of thumb is that when you finish the last one, either exercise or erg piece, you should feel that you would be able to do one more of the exact same quality. Rarely do you want to work to the point of failure. You are trying to build strength for the future.

There are some good yoga classes at the Rec Center. You do not have to be a member to take the classes, they are drop in, and \$7. The schedule is on the Rec web page. Yoga is great for balance and stretching your muscle.

If you do not want to buy some dumbbells, water weighs about 8lbs per gallon, so you could fill up an old milk jug and use that.

Any questions about these or other exercises, you can e-mail me, and try to keep a log to record your progress

Shoulder Press

Same as in Nov. try to add some more repetitions to the sets. If you were doing 10 reps before, try to move that up to 12. If you are feeling strong, keep the reps the same and add another set. So if you were doing 2 sets of 10 before, either try 2 sets of 12, or 3 sets of ten

Up Right Row

builds shoulder strength for the finish of the stroke

Using the same amount of weight as for the shoulder press, you want to stand up straight, holding the weights with your arms extended, straight down. Pull the weights up, leading with your elbows, to at least bringing your upper arm parallel to the floor, a little higher is OK too. Keeping the weight close to your body as it moves up and down. A little quicker with the weight going up, than it goes down.

2 Sets of 10

Dead Lifts

builds lower back strength

You have to be careful with this one; it is easy to over load your back.
Can be done with or with out weight

Standing with your legs straight, bending at the hips not the waist, lower yourself, so your back comes parallel to the floor. A good method is to look forward, not down, as you lower yourself, don't go past a 90-degree angle with your back, then lift yourself back to straight. The motion should be steady and smooth. If you are using weights, they should remain close to, almost scraping, your shins as you lift your back.

*No weights – 2 sets of 15
Weights - 2 sets of 10*

Jumps Leg drive

cardio

This is one of my favorites, not because it is easy, but because anything that hurts this much has to be good for you.

This can be done a variety of ways, with your hands folded behind your back, or hanging from your sides. I hang my hands so that when they touch the floor I know I am low enough.

Lower yourself to a crouch, keeping balanced, looking forward, back straight, and spring up. You do not have to jump much off the floor; the idea is to generate acceleration as you straighten. It is important to stay balanced, and maintain a rhythm while you do them.

They also can be done with out jumping, do everything the same, as if you were going to jump, do the acceleration, just don't leave the floor.

This exercise can tax your lower back, and your knees, use your best judgment as to which kind you will do, or if you should do them at all.

Start with 3 sets of 10, for both jumps and no jumps.

Windshield Wipers

Same exercise as in Nov, try to add a few to the reps you do, also try them with less bracing from your hands and arms. You can keep them along side your body or folded on your chest if you are able.

Slow steady motion side to side

Crunches

for the 6 pack

These can be done many different ways. I like the style where you are on your back, legs pulled up so that your shins are parallel to the floor, thighs vertical. Have your hands folded on your chest, and just come up enough to roll the top half of your back off the floor. Again, a steady motion, you want to roll your back, not just move your head back and forth.

3 sets of 10

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout I - December 2004

The basis for this series will once again be the 500/ave. for your 20-minute test, and there will be a higher effort day, which should be done mid week, or when you will be able to rest the day after.

Remember to record your erg scores in your logbook to chart your progress. You can get a personal logbook on the Concept 2, and they will provide a graph as to your progress over time.

Week 1

Mon 11/29	Tues	Wed	Thurs	Fri
3 X 10' 3' rest between.	Weights/ Exercises	19' Pyramid	Weights/ Exercises	3 X 10' 3' rest between.
1 & 3 + 12"		4,3,2,1,2,3,4,		1 & 3 + 12"
2 @ + 10"		+16, +13, +10, +7, +10, +13, +16		2 @ + 10"

Week 2

Mon 12/13	Tues	Wed	Thurs	Fri
1 X 29' pyramid	Weights/ Exercises	2 X 10'	Weights/ Exercises	1 X 29' pyramid
5,4,3,2,1,2,3,4,5,		5' rest		5,4,3,2,1,2,3,4,5,
+16, +13, +10, +7, +4, +7, +10, +13, +16.		4', 3', 2', 1'		+16, +13, +10, +7, +4, +7, +10, +13, +16.
Try to keep the stroke rate as low as possible		Try to keep the stroke rate as low as		Try to keep the stroke rate as low as possible

When there is a lot of stroke and rate changes on the erg, I like to use a post it note, to tape the splits I will be targeting on to the monitor, less thinking and remembering for you.

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout II - December 2004

Week 3

Mon 12/13	Tues	Wed	Thurs	Fri
10 to 12K meters Steady State 1K @ 20 SPM 1K @ 22 SPM @20 try to hold + 16 over 20 minute pace @ 22 + 13	Weights/ Exercises	2 to 3 sets 4' on 1' off X 4, it is for a total of 20 minutes per set. 5' rest between sets. For the 4' on try to hold +10 for the 1st & 3rd set + 7 for the 2nd Set	Weights/ Exercises	10 to 12K meters Steady State 1K @ 20 SPM 1K @ 22 SPM @20 try to hold + 16 over 20 minute pace @ 22 + 13

Week 4

Mon 12/20	Tues	Wed	Thurs	Fri
3 X 10' 5' rest @ 20, 22, 24, SPM. 20 @ + 13 22 @ + 10 24 @ + 7	Weights/ Exercises	Hard Day 3 to 4 x 10' 5' rest. All set at 90% Effort, just over 20 min pace, +2 to +4 1. 18,20,22,24 2. 20,22,24,26 3. 22,24,26,28 If you do a 4th Repeat the 1st	Weights/ Exercises	3 X 10' 5' rest @ 20, 22, 24, SPM. 20 @ + 13 22 @ + 10 24 @ + 7

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute

Lincoln Sailing Center Rowing Program

Winter Workouts

Weights for January 2005

LEGS

Jumps:

3 X 10

If you were doing the jumps during Dec, continue to do 3 sets, adding 5 more reps per set. If you did not do them, start with 3 sets of ten. An explanation is in the Dec exercise guide. If you are not going to do the jumps, then substitute a deep squat.

Calf Raises:

3 X 10, each foot

With your left leg wrapped around your right (loosely), raise your self up to your toes, 10 times for each foot. I find it helpful to place a hand on the wall for balance.

CORE

This segment will become an increasing part of the routine as water time draws closer. A stronger core is good for proper posture in the boat, as well as a hedge against lower back injury.

Windshield wipers:

These are explained in early weight routines. If you have been doing them, add 5 more, if your first time 3 sets of 10.

Swimmers:

great for the erector muscles along the spine in the lower back
3 sets of 30 seconds

Lying on your stomach on the floor, arms straight out in front, legs straight behind. You want to arch your back so that the only part of your body touching the floor is your lower abs and hips, looking forward. If you cannot hold for 30 seconds, try for 3 sets of equal amounts of time, then try to increase each time you try them.

UPPER BODY

Shoulder Press:

3 X 12

Explained in previous weight segments.

Try to increase the amount of weight that was previously used. Remember to have nice straight posture, think piano bench posture, a rigid back. This way you can work your shoulders and your lower back at the same time

1 Arm Row:

3 X 12

As explained before. Try to increase your weight this cycle, but do not over do it. Bring your arm as close to your body as possible, leading up with your elbow, thinking the whole time how it relates to the finish of the stroke.

As before any soreness or pain while doing these exercises is a call to stop. Any questions can be sent to John Cotter at barecovecharters@hotmail.com.

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout I - January 2005

Again the work outs will be based around cardio development, but with a little higher intensity, and a shorter rest interval between efforts. If the work outs become too difficult, then they should be scaled back to the point where you are able to complete them, yet still getting a good work out.

Week 1

Mon 1/10	Tues 1/11	Wed 1/12 (hard)	Thurs 1/13	Fri 1/14
19' Pyramid 3' rest 2 sets 4',3',2',1',2',3',4' Set 1 +10,+7,+5,+2,+5,+7,+10 Set 2 +7,+5,+2,+0,+2,+5,+7 Stroke rate is open	Weights/ Exercises	10' X 2 - 3 4',3',2',1' 5' rest Set 1 & 3 +10,+7,+5,+2 Set 2 +7,+5,+2,+0 Stroke rate is open, but try to keep it low as possible	Weights/ Exercises	19' Pyramid 3' rest 2 sets 4',3',2',1',2',3',4' Set 1 +10,+7,+5,+2,+5,+7,+10 Set 2 +7,+5,+2,+0,+2,+5,+7 Stroke rate is open

Week 2

Mon 1/17	Tues 1/18	Wed 1/19 (hard)	Thurs 1/20	Fri 1/21
2-3 X 4K 3' rest Alternate 1K Set 1 & 3 1K @ + 13 1K @ +10 Set 2 1K @ +7 1K @ +5 Stroke rate 22-26	Weights/ Exercises	4' on 1' off x 4 Rest 5' between sets 2 - 3 sets Set 1 & 3 +10,+7,+5+2 Set 2 +7,+5,+2,+0 Stroke rate 22 to 28	Weights/ Exercises	2-3 X 4K 3' rest Alternate 1K Set 1 & 3 1K @ + 13 1K @ +10 Set 2 1K @ +7 1K @ +5 Stroke rate 22 - 26

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout II - January 2005

The intensity for this next segment will remain on the same level as the first 2 weeks of Jan.

As the winter drones on, you cannot forget rowing technique while on the erg. There are a few tricks that are effective for erg scores, yet do not translate well to rowing in the boats. What you want to target, and keep in mind when erging is the effect style that we teach while on the water. You want to as much as possible, imagine yourself rowing in a boat while on the erg. You want a quick, but light lift of your hands at the catch, arms straight on the pull through, drawing the handle in to you abs, a quick down and around the finish, arms out smartly, arms extended, body angle, then bringing the legs up, holding your body angle to the catch. It is more important at this stage of the rowing to be more concerned with accurate technique for rowing on the water, than purely trying for effective erg scores. Boat rowing will translate well to the erg, but the erg rowing will not work well in a boat. The trite but true expression is "Put an erg on the water, and it sinks"

Week 2

Mon 1/24	Tues 1/25	Wed 1/26 (hard)	Thurs 1/27	Fri 1/28
6 x 10' 1" rest between +15, +12, +10 +7, +10, +7 Stroke rate 20 to 26	Weights/ Exercises	3 x 10' 4',3',2',1' 5' rest 1 & 3 , +12,+10, +7,+5 2 , -+10, +7,+5,+1	Weights/ Exercises	6 x 10' 1" rest between +15, +12, +10 +7, +10, +7 Stroke rate 20 to 26

I recommend doing the Monday and Friday rows with your feet not strapped in, good for your finish, and your abs, and your back, all at the same time. Remember to sit up, shoulders back at the finish.

Week 3

Mon 1/31	Tues 2/1	Wed 2/2 (hard)	Thurs 2/3	Fri 2/4
2 x 5K 1K @ +12 1K @ +10 5' rest between Stroke 22 - 26	Weights/ Exercises	5' on 1' off x 4 20' for each set 2 Sets, 7' rest between +12,+10, +8 +5, +2 Stroke rate 20 - 26	Weights/ Exercises	2 x 5K 1K @ +12 1K @ +10 5' rest between Stroke 22 - 26

Short hand for the workouts:

Seconds - “

Minutes - ‘

SPM – strokes per minute

Lincoln Sailing Center Rowing Program Winter Workouts

Weights for February 2005

In this series of exercises we are once again looking for constant and steady improvement of effort and the number of reps or the amount of weight that can be done. Steady constant improvement is wanted. That's why a log keeping a log is a very good idea. It is much more accurate than trying to remember what you did or how you felt.

When increasing the number of reps or the weight for any exercise small gains should be made. If you have to struggle mightily to finish the series or set, then you have added too much too soon. The end result will be lost time due to injury. Steady gains.

The series of exercises can be done a couple of different ways. You can start at the top of the list and go down, until all the series has been done for the required number of times. Or you can do it in groupings, you pick an upper body movement with a lower body movement, mixing it up so one muscle group gets to recover while you are using the alternate group. It also helps to break things up mentally.

A good effort should be made to progress from one exercise to the next with minimal rest, that way you will get a better work out, as well as a cardio benefit as well. The rest should be kept to less than 2 minutes.

Upper Body:

Shoulder Press

Our old favorite, for getting that boat over our heads.

*Using a slightly heavier weight do 3 x 8,
Using the same weight do 4 x 12*

Make sure to keep your back straight, and that the weight travels in a column when going up and down, Concentrate on steady balanced movements

Up Right Row

Standing up right, bring the weight up, so that it comes as high as you can get it, almost to your shoulders if possible. Steady movement up and down.

*Heavier weight: 3 x 8
Same weight: 4 x 12*

Core Work

Torso Twists:

Standing up right, feet about shoulder width apart, holding the weight in front of you so that your elbows are at your side, fore arms parallel to the floor. Twist to one side, rotating your trunk. The opposite side foot should twist a bit, so that the toe is the only part of the foot that remains in contact with the floor

2 x 15 per side

Wind Shield Wipers

Laying on the floor legs together, off to one side.

Raise your legs together, to vertical then down to the opposite side. Trying to keep the legs together and as fully extended as possible.

It is helpful to keep your arms extended perpendicular to you body, and on the floor for leverage. As you get better try to bring your arms in closer to your body, so that you rely more on your ab oblique's

3 x 10

Swimmers

Laying on the floor on your stomach, legs full extended behind you, arms extended in front of you, arch your back so that ideally the only part on the floor are your hips. Really try to hold the position, and arch your back to your max ability

2 x 45 seconds

Legs

Lunges:

can be done with, or with out weights

Starting with your feet together, extend one leg out in front, coming as far as possible in to a bend, ideally so that your thigh of the extended leg some close to parallel to the floor. Then pressing yourself back to an up right position.

With weights keep your arms as vertical as possible, with out weights hand on hips.

Jumps

You need to be careful with this one,

Starting from a standing position, crouch down, (remaining balanced), so that your thighs come parallel to the floor, with your weight centered. Spring up, coming off the floor, then back down in to the crouch, and up again.

3 x 10

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout I - February 2005

As we round the corner and head for spring, the work outs will stay pretty much as they have been, with one day a week, working more towards AT (anaerobic threshold)*, and the balance on aerobic development. It takes a long time to fully develop the cardio base, and that will become the basis for all work outs to come.

Just a side note, I am sure all of you are recording your work outs dutifully, so here is something to think about. Next time toggle through the read outs for your work out on the erg, and record your watt production. Then ponder that Lance Armstrong can produce 400 watts for 2 hours. Proof positive why more of us are not riding in the Tour de France.

Anaerobic Threshold: The point where the body is beginning to produce more lactic acid that is can remove. AKA, the burn.

Week 1

Mon 2/7	Tues 2/8	Wed 2/9 (AT Day)	Thurs 2/10	Fri 2/11
2 x 5 K 1K a@ + 15 1K @ +10 3' rest Stroke - 22 -26 Record HR	Weights/ Exercises	5 x 5', 1' rest x 2 5' between +15,+12,+10 +7, + 4 Stroke 22- 26 Record HR	Weights/ Exercises	2 x 5 K 1K a@ + 15 1K @ +10 3' rest Stroke - 22 -26 Record HR

Week 2

Mon 2/14	Tues 2/15	Wed 2/16 (hard)	Thurs 2/17	Fri 2/18
1 x 10 K Start at +18, then go down 2 seconds for each 1K +18, +16, +14, +12, +10, +8, +6, +4, +2, +0 Record HR	Weights/ Exercises	Make sure you get a good warm up for this 8 x 2' @ + 2 1' rest Stroke to 28 Record HR	Weights/ Exercises	1 x 10 K Start at +18, then go down 2 seconds for each 1K +18, +16, +14, +12, +10, +8, +6, +4, +2, +0 Record HR

Short hand for the workouts:

Seconds - “

Minutes - ‘

SPM – strokes per minute

Lincoln Sailing Center Rowing Program Winter Workouts

ERG Workout II - February 2005

This is the toughest time of winter to stay honest with the work outs. It seems like it is too far from the fall and being on the water, and too far to spring to getting back to rowing. Lets face it, can be boring and repetitious, and it may seem like it is not doing too much in the way of improvement.

Take this time to review your log books that you have been faithfully keeping, and you can look back at all the work outs that you've done, and the improvement in times and distances, and the gains you have made with the exercises. A tremendous part of any athletic endeavor is mental, and maintaining the focus to attain your goals. Even, as most of the rowers are trying for a simple improvement of conditioning, and toning, still takes a constant applied effort. You can give yourself a pat on the back.

At times like this, I always think of this as motivation, many have the desire, few have the will. It helps me to feel superior.

As you slog to the gym one more time and dread the thought of sitting on the erg again, remember this, spring is coming, it has every year. The time you put on the erg and in the gym will pay big dividends on the water.

With that being said, here is the latest installment

Week 1

Mon 2/21	Tues 2/22	Wed 2/23 (Hard)	Thurs 2/24	Fri 2/25
3 x 15' 2' rest between 1 @ +16 @19 2 @ +15 @ 20 3 @ +14 @ 21 Mentally break it up to 5' x 3 1st 5' think about early prep to catch 2nd 5' , arms straight at the catch 3rd 5' shoulders back @ the finish	Weights/ Exercises	3 x 10' 4'3'2'1' 5' rest between 4' @ + 10 3' @ + 7 2' @ + 5 1' @ + 2 Stroke rate 22 – 26 do a 10' warm up for this one	Weights/ Exercises	3 x 15' 2' rest between 1 @ +16 @19 2 @ +15 @ 20 3 @ +14 @ 21 Mentally break it up to 5' x 3 1st 5' think about early prep to catch 2nd 5' , arms straight at the catch 3rd 5' shoulders back @ the finish

On some warmer day if people want to go outside, and do a run or a bike ride on the aerobic days that is highly recommended to change things up.

Week 2

Mon 2/28	Tues 3/1	Wed 3/2 (hard)	Thurs 3/3	Fri 3/4
6 x 10' 2' rest 1 @ + 10 2 @ + 8 3 @ + 6 4 @ + 3 5 @ + 3 6 @ + 6 Stroke Rate 22 - 28 do 5' warm up	Weights/ Exercises	8 x 2' 1' rest All to be done at – 2 Stroke rate 23 – 28 do a good 10' warm up hardest one yet	Weights/ Exercises	6 x 10' 2' rest 1 @ + 10 2 @ + 8 3 @ + 6 4 @ + 3 5 @ + 3 6 @ + 6 Stroke Rate 22 - 28

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute

Lincoln Sailing Center Rowing Program

Winter Workouts

Preparing for Erg Race Day February 2005

Race Rehearsal:

Eating: Find out what works best for you, try different foods, bland is a good choice, also find out how far in advance your meal should be.

Warm Up: Don't short change your warm up, make sure you have at least 15 to 20 minutes of a directed warm up, getting your HR up is essential.

Race Plan: Make a comprehensive plan, and stick to it on race day. Many races have been ruined by not following the race plan. Plan your race, race your plan

Record Race Details: Right after the race record how things went, small details can make a difference over time, how you felt, warm ups, food, all of that.

Training:

Consistency, Think of rowing, & style: It is easy to get caught up in splits and numbers when erging. Remember that we erg to row better, don't forget style

Mirrors: For all the narcissistic reasons, as well as self coaching, mirrors are a really effective self training tool

Body Position: By using mirrors, you can help to constantly re align yourself for better posture. Row 2K has tons of pictures in the galleries of high level rowing look at some to see how you compare.

Weights:

Constant gradual improvement: When using weights to get stronger, think evolution not revolution. Steady progress, not huge leaps

Guard against injury: good posture, and manageable weights will help protect you from injury.

Relationship to rowing: When doing any of the exercises or weights, think of how it relates to rowing. It can help in the effort to maintain that connection

Erging:

Re test for 20 minutes: For morbid curiosity, or if you are able to attain work out goals easily, you can re do a 20 minute test to get a new base line result

If too easy, drop your splits if under target goals: If you want to try to see if you can handle faster splits, drop your base line ave. I think that ½ a second to a second is about all you should change.

Maintain posture: Sacrificing some speed on the erg for proper body posture is a good trade. We are erging to be better rowers, not better ergers

Feet Out: Rowing with feet out will help to strengthen your back, abs, as well as the over all finish position. Remember to keep your hands moving at the finish

Row with one leg: Rowing with one leg at a time for short periods, a minute or two can really help to strengthen your legs.

Stretching:

Flexibility is the key: Stretching, your lower back, hips, quads and ankles will allow you to attain the desired rowing position more easily, and give you greater range of motion

Hips, quads, ankles: This can be done all at once, have your feet shoulder width apart, and crouch down so that you are folded in to a fetal position, with your heels flat on the floor. It is a good simulation of the catch position

Shoulders & lower back: Hanging from a bar, or even just bending over to try and touch your toes are both effective stretches

Injuries:

Pain is a sign to stop/cut back:

You have to learn the difference between chronic and acute pain. There is always going to be some discomfort when involved in athletics. A constant nagging and potentially debilitating pain needs to be addressed. For most pain of that sort, stopping what ever caused the pain is enough. When you notice a constant soreness, cut back or stop. If you stop for a while, then restart, and the pain reoccurs, it is time to re think if you should be doing what ever caused the pain.

Better to rest a day than get really hurt: It is always better to stop when you notice discomfort, and rest a day or two, than to needlessly push it and risk injury. Loosing a day is better than loosing a week.

Keeping a log is good way to track injuries: In your log book, that we all are keeping, a small entry for physical well being is a good way to track how long a particular area is sore. If what ever is sore does not ease in a few days, it is more than just lingering soreness from a hard day. If this is the case back off on the work outs, or seek a professional opinion

Ice, ice and more ice: I have found that by far the two biggest saviors in my training are vitamin I, also known as ibuprofen, and ice. I keep two different ice packs in the freezer at all times. A Poland Springs water bottle, and a hot water bottle filled with rubbing alcohol. The water bottle stays colder longer, and can be used for areas that you can apply pressure, like the balls of your feet; you can sit on them, and so on. The hot water bottle is good for areas like your hips or knees that are curved, and cover a wide area at a time. Both can be had for a total of about \$10, and a real god send for aging athletes.

Lincoln Sailing Center Rowing Program

Crash B Race Results: Sunday, February 13, 2005

Lincoln Sculling Center left some big foot prints yesterday at the World Indoor Rowing Championships at the Reggie Lewis center in Boston.

In only the second year of sending rowers Lincoln managed to bring home a medal, the first ever, with 3rd place finish by Peg Brackley, in the LW women's, 60 to 65 age group, a strong showing by Peg, a second year rower. When you see Peg around town ask to see her medal, I am sure she will have it, most likely wearing it.

Chris Johnson, came 5th with a poised effort, and controlled race, executed in the chaos of the race event

The rest of the Lincoln rowers Ann Marcks, Karen Shusterman, and Mimi McGrath, represented Lincoln well, and are to be congratulated for the time and effort it takes to prepare for the race.

It was a great day for Lincoln, and a great way to get people re energized for the up coming season of rowing.

All results can be found on the Crash b web site, <http://www.crash-b.org/cb2005/results/event01.html> .

Racers:

@ 8:00	Vet. L.W. Women - Peg Brackley
	Vet. Women - Chris Johnson
	Vet. Women - Anne Marcks
@ 9:45	Sen. L.W. Women - Karen Shusterman
	Sen. Women - Mimi Magrath

Times are subject to change, check the CRASH B web site, for lastminute changes details and directions to the Reggie Lewis Center.

John

Lincoln Sailing Center Rowing Program Winter Workouts

Weights for March 2005

We will continue to work on strength and muscle endurance in March, working towards the day when we will actually be out side again.

Remember to keep your log book up to date, and if you have any injuries, see if you can associate it with a particular movement and either reduce the effort in the exercise, or eliminate it all together. We are not getting paid, and it is to be for fitness and fun, also to look good.

One way to do the exercises is to go down the list, from top to bottom, and repeat until all the all sets have been completed. To add a little more conditioning, try to reduce the rest time between sets to as little as 30 seconds, a minute is good base line. So as you move down the list, from one set to another, one group of muscles rest, while you work a different set, as well as working your heart a bit. Don't move so quickly from one to the next, so as to sacrifice form, or to risk hurting yourself.

If people are working in an office building, and want to get more leg exercises done, a great add on is to use the stairs instead of the elevator. Use your best judgment as to how sweaty or out of breath you can be when you arrive at your destination. This is a great way to get the leg work that greatly mimics rowing, as well as strengthening the quads in a very safe manner. If possible take two stairs per stride.

So here we go again.

3 X 10 jumps

or just deep bends if cannot do the jumps, coming to a 90 degree bend in the knee.

3 X 30 crunches

hands folded on your chest, make sure to get upper back off of the floor.

3 X 10 shoulder press

straight back, good posture

3 X 10 lunges

10 each leg, alternate legs, can be done with weights, (light weight), try to bring the top of your quad parallel to the floor

3 X 10 up right rows

bring the weight close to your body, up to shoulder level if possible. Keep your back straight.

3 X 30 secs. Swimmers

back arched, arms forward, only part of you on the floor is your lower abs, and pelvis, really arch your back, legs stretched straight back. Think Superman flying.

Lincoln Maritime Center, Inc. Rowing Program Winter Workouts

ERG Workout I - March 2005

This segment of will work again on the cardio base, with attention paid to some power development. Again the majority will be long steady rows, but we will up the intensity, and reduce the rest a bit.

For the power sections, do not throw your form out the window to get better scores, try to get the best scores with your best form. You must try to make sure that there is no separation between rowing well and rowing hard. Think of maximizing your leverage.

When doing the longer segments, try to concentrate on a particular part of the stroke, not to the exclusion of the rest of the stroke, but to work on the details that separate us from the lower animals. It also helps to pass the time if you get lost in the concentration, and do not fixate so heavily on the time

Also in the weights and exercises segment, try if you can to move as steadily and quickly through as able. Ideally it should take you about 20 minutes from start to stop.

Week 1

Mon 3/7	Tues 3/8	Wed 3/9	Thurs 3/10	Fri 3/11
<p>2 x 5K, then 10' steady state</p> <p>For the 5K, alt effort each 1K</p> <p>+15 @ 22 +13 @ 24</p> <p>10' steady state @ 20 +16</p>	<p>Weights/ Exercises</p>	<p>10' of 30" on, 1' off, X 2</p> <p>Row the power strokes at a rate no higher than 24, rest on the 1' off, but maintain a strong effort.</p>	<p>Weights/ Exercises</p>	<p>2 x 5K, then 10' steady state</p> <p>For the 5K, alt effort each 1K</p> <p>+15 @ 22 +13 @ 24</p> <p>10' steady state @ 20 +16</p>

Record your efforts on the power pieces, and try to increase them the next week

Week 2

Mon 3/14	Tues 3/15	Wed 3/16	Thurs 3/17	Fri 3/18
<p>6 X 10' 1' rest</p> <p>SPM 1 @ + 15, 20 2 @ + 13 22 3 @ + 10 24 4 @ + 7 26 5 @ + 13 22</p>	<p>Weights/ Exercises</p>	<p>10' of 30" on, 1' off, X 2</p> <p>Row the power strokes at a rate no higher than 24, rest on the 1' off, but maintain a strong effort.</p>	<p>Weights/ Exercises</p>	<p>6 X 10' 1' rest</p> <p>SPM 1 @ + 15, 20 2 @ + 13 22 3 @ + 10 24 4 @ + 7 26 5 @ + 13 22</p>

Short hand for the workouts:

Seconds - "

Minutes - '

SPM – strokes per minute