

# McGill University Rowing Club

## Novice Crew Winter Training Program 2005-2006

November 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	RECOVERY	RECOVERY	RECOVERY	2K Test "Good Luck"	RECOVERY	RECOVERY
Week 1 (Low)	Erg 4K SS + CT#1a (x1)	Erg 8K SS	OFF	Jogging (60') (Crew) (AM)	X-TRAINING	OFF
Week 2 (Medium)	Erg 4K SS + CT#1a (x1)	OFF	Erg Pyramid #1 (x2)	CT#2 (x3)	X-TRAINING	OFF
Week 3 (High)	Erg Weight (x3)	Erg 4K SS + CT#1b (x1)	OFF	Jogging (60') (Crew) (AM)	Erg 10K SS	OFF
Week 4 (Peak)	Erg 4K SS + CT#1b (x1)	Erg 2x 4000m @ 24 SS -4s 7 min rest				

**SS: Steady State**

**CT: Circuit Training (1a&1b: General Strength - 2: Strength Endurance - 3: Maximum Strength - 4: Power)**

**Erg Pyramid#1: Total 19' (4' @ 18 3' @ 20 2' @ 22 1' @ 24 2' @ 22 3' @ 20 4' @ 18)**

**Erg Pyramid#2: Total 19' (4' @ 22 3' @ 24 2' @ 26 1' @ 28 2' @ 26 3' @ 24 4' @ 22)**

**Erg Pyramid#3: (3' rest between each piece): 250m 500m 750m 1000m 500m 250m (@ 2K test pace -1s except for the last 250m (to the max))**

**Erg Weight: ERG's resistance sets on 10 6x(1min ON "MAX PRESSURE" / 1min OFF) @ 12spm @10spm @9spm @ 9spm @10spm @ 12spm then 250m (x1)**

**Erg Power: ERG's resistance ses on 10 - 20min @ 12spm (1min ON "explosive and dynamic stroke" / 1min OFF)**

**Hula hoop (HxRxS): H=number of Hula hoop R: Number of reps in each set S:number of set**

**10min rest between each set of Hula hoop (e.g. after 10x15)**

**Cool down and stretch after every workout (15min)**

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**December 2005**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 4 (Peak)</b>			1 CT#2 (x3)	2 Hula hoop (10x10x2) (Crew) (AM)	3 Jogging (30') + CT#1a (x1)	4 OFF
<b>Week 5 (Low)</b> 5	6 Erg 4K SS + CT#1a (x1)	7 OFF	8 Erg 4K SS + CT#1a (x1)	9 Erg 6K @ 18-22spm steady state -2 or 3s	10 X-TRAINING	11 OFF
<b>Week 6 (Medium)</b> 12	13 Erg 4K SS + CT#1a (x1)	14 OFF	15 Erg Pyramid #1 (x2)	16 Erg 4K SS + CT#1a (x1)	17 X-TRAINING	18 OFF
<b>Week 7 (Low)</b> 19	20 CT#3 (special xmas break)	21 OFF	22 Erg 12K SS or Jogging (80')	23 CT#3 (special xmas break)	24 Erg 8K SS or Jogging (45')	25 OFF
<b>Week 8 (Low)</b> 26	27 Erg 10K SS or Jogging (60')	28 Erg 8K SS or Jogging (45')	29 OFF	30 Erg 12K SS or Jogging (80')	31 CT#3 (special xmas break)	

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**Erg Power: ERG's resistance ses on 10 - 20min @ 12spm (1min ON "explosive and dynamic stroke" / 1min OFF)**

**Hula hoop (HxRxS): H=number of Hula hoop R: Number of reps in each set S:number of set**

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**Cool down and stretch after every workout (15min)**

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January 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8 (Low)						1 Erg 8K SS or Jogging (45')
Week 9 (Low) 2 *Erg 12K SS	3 *CT#1b	4 Erg 8K SS (AM) + *CT#2 (x3) (PM)	5 Erg 12K SS	6 Jogging (60') (Crew) (AM) + Erg 12K SS (PM)	7 *CT#3	8 OFF
Week 10 (Medium) 9 Erg 12K SS	10 *CT#3	11 *Erg Weight (x3) (AM) + Erg 12K SS (PM)	12 CT#2 (x3)	13 Tank (Crew) (AM) + *Erg Pyramid #1 (x3) (PM)	14 *CT#3	15 OFF
Week 11 (Low-Med) 16 Erg 12K SS	17 *CT#3	18 *Erg 2x 4000m @ 24 SS -4s 7 min rest	19 *Erg Pyramid#2 (x2)	20 Tank (Crew) (AM)	21 *CT#3	22 OFF
Week 12 (High) 23 Erg 12K SS	24 *CT#3	25 Jogging (60') (Crew) (AM) Erg Pyramid #1 (x2) (PM)	26 *CT#3	27 Tank (Crew) (AM) + *CT #3 (PM)	28 *Erg 12K SS	29 OFF

\*: VIW (Very Important Workout)

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Erg Pyramid#3: (3' rest between each piece): 250m 500m 750m 1000m 500m 250m (@ 2K test pace -1s except for the last 250m (to the max))

Erg Weight: ERG's resistance sets on 10 6x(1min ON "MAX PRESSURE" / 1min OFF) @ 12spm @10spm @9spm @ 9spm @10spm @ 12spm then 250m (x1)

Erg Power: ERG's resistance ses on 10 - 20min @ 12spm (1min ON "explosive and dynamic stroke" / 1min OFF)

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Warm-up on erg/bike or run for 10 min before starting any exercise (except jogging of course).

Cool down and stretch after every workout (15min)

Brice Kolko.  
November 2005

## McGill University Rowing Club Novice Crew Winter Training Program 2005-2006

February 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 13 (Peak)</b> 30-Jan *Erg 14K SS	31-Jan *CT#4	1 Erg Weight (x3) (AM) *Erg 6x1250m (PM) @ 2K test pace +8s @28spm rest 6'	2 CT#3	3 *Hula hoop (10x15x2) (Crew) (AM) + Erg 10K SS (PM)	4 CT#3	5 OFF
<b>Week 14 (Low)</b> 6 *Erg 14K SS	7 CT#4	8 *Erg Power (x2) (AM) + *CT#3 (PM)	9 Erg 10K SS	10 Tank (Crew) (AM)	11 *Maximum Strength Test (similar to CT#3)	12 OFF
<b>Week 15 (Medium)</b> 13 *Erg 14K SS	14 CT#4	15 *Hula hoop (10x20x2) (Crew) (AM) + Erg Power (x2) (PM)	16 *Erg 2x 4000m @ 24 SS -4s 7 min rest	17 Tank (Crew)	18 *6K test "good luck"	19 OFF
<b>Week 16 (High)</b> 20 Erg 14K SS	21 *CT#4	22 *Hula hoop (10x20x2) (Crew) (AM) + Erg 10K SS (PM)	23 *CT#4	24 *Hula hoop (10x20x2) (Crew) (AM) + Erg 10K SS (PM)	25 CT#2 (x3)	26 OFF

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**March 2006**

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 17 (High)</b> 27	28-Feb	1	2	3	4	5	
Erg 10K SS	*Erg 2x3K @ 6K test pace -1s 8min rest	Hula hoop (10x20x2) (Crew) (AM) +*Erg Pyramid #2 (x2) (PM)	*CT#2 (x3)	Tank (Crew) (AM) +Erg 14K SS (PM)	*CT#2 (x3)	OFF	
<b>Week 18 (Peak)</b> 6	7	8	9	10	11	12	
*Erg Pyramid #2 (x2) (AM) +Erg 14K SS (PM)	*CT#2 (x3) (PM)	Jogging (60') (Crew) (AM) +*Erg 2x 10' (30s on / 30s off) (when "on", start+max power) 10' rest (PM)	*Erg 14K SS	Tank (Crew) (AM) +CT#2 (x3) (PM)	*Erg 2x3K @ 6K test pace -1s 8min rest	OFF	
<b>Week 19 (Low-Med)</b> 13	14	15	16	17	18	19	
*Erg 4,5K @ 6K test pace (It's almost a 6K test)	*CT#2 (x3)	OFF	*Erg 8K SS	Erg 5K SS	*6K test "good luck"	OFF	
<b>Week 20 (High)</b> 20	21	22	23	24	25	26	
Erg Pyramid#2 (x3)	Personal Workout (AM) +*CT#2 (x3) (PM) + 500m @ 2K test pace -3s	*Erg Pyramid#3 (x1)	*Erg 2x 20' (1' on / 1' off) (when "on" start + 2K test pace-1s) 10' rest	Tank (Crew) (AM) +CT#2 (x3) (PM) + 500m @ 2K test pace -3s	*Erg 8x500m @2K test pace 3'rest	OFF	
<b>Week 21 (High)</b> 27	28	29	30	31			
(AM) Personal Workout +(PM) *Erg 2x 10' (30s on / 30s off) (when "on", start+max power) 10' rest	CT#1a (x1)	CT#2 (x3) + 500m @ 2K test pace -3s	*Erg Pyramid#3 (x1)	Tank (Crew) (AM) +*Erg 12K SS (PM)			

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April 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 21</b>					1 *Erg 3x750m @2K test pace -1s 2' rest	2 OFF
<b>Week 22 (High)</b> 3 Personal Workout (AM) +CT#2 (x3) (PM) + 500m @ 2K test pace -3s	4 *Erg Pyramid#3 (x1)	5 *CT#2 (x3) + 500m @ 2K test pace -3s	6 *Erg 2x 20' (1' on / 1' off) (when "on" start + 2K test pace-1s) 10' rest	7 Tank (Crew) (AM) OFF (PM)	8 *Erg 2x1K @ 2K test pace 2' rest	9 OFF
<b>Week 23 (Low-Med)</b> 10 *CT#2 (x3)	11 Erg Weight (x2)	12 *Erg 1x1500m @ 2K test pace	13 Erg 2K SS + 500m @2K test pace	14 *Erg 2K (race simulation) included 3x250m @2K test pace	15 *2K Test "Good Luck"	16 OFF
<b>Week 24</b> 17 Practice on the water	18 Practice on the water	19 Practice on the water	20 Practice on the water	21 Practice on the water	22 Practice on the water	23 OFF
<b>Week 25</b> 24 Practice on the water	25 Practice on the water	26 Practice on the water	27 Practice on the water	28 Practice on the water	29 McGill-Queen's Challenge Boatrace	30 OFF

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