

The following is a guideline (recipe) for success in the 2004-racing season:

Finalists at our championship regattas are within the following conditioning ranges by May for the 2004-meter erg test: The winter 6k times are a measure of success into entering the 04 spring season.

Men	Women
6:25-6:40 JV Heavies	7:30 – 7:45 JV Heavies
6:40-6:55 JV Lights	7:45 – 8:00 JV Lights
6:15-6:30 Varsity Heavies	7:15 – 7:30 Varsity Heavies
6:30-6:50 Varsity Lights	7:30 – 7:50 Varsity Lights

Winter 6k Times

Men	Women
21:30 – 22:00 JV Heavies	24:00 – 24:30 JV Heavies
22:00 – 22:30 JV Lights	24:30 – 25:00 JV Lights
20:30 – 21:00 Varsity Heavies	23:00 – 23:30 Varsity Heavies
21:00 – 21:30 Varsity Lights	23:30 – 24:00 Varsity Lights

Tentative Dates for Erg competitions that I would like to see more rowers attend.

February 7, 2004 Main Line Slide in Villanova, PA...Possible qualification for CRASH B

February 21 –22 CRASH B in Boston, Mass.... Competitive Erg Scores will attend.... great event to get noticed by colleges.

The following is to be used to gain strength and conditioning to reach your goals:

Lifting:

Workouts should consist of:

Lower wts = Lower body weights

Squats

Leg press

Cleans

Leg extensions

Leg curls

Upper wts = Upper body weights

Bench Pulls

Shoulder Press or Military Press

Tricep Extensions or dips

*Sit ups (start at 3 sets of 30 and work up) or Leg Raises

*Back extensions

Choose two

Seated row/Lat pulldown/Chin ups (choose two)

*very important don't skip

***** ‘The harder you work, the luckier you get’

Brad Lewis (Olympic Oarsman - Gold Medalist)

Cardio:

The idea is to train smarter not necessarily harder:

Levels (ss = steady state; mod = moderate; thres = threshold) as listed in the calendar

Heart rate can be used to check to see that you're within these levels

ss = heart rate 60%-70% of maximum heart rate
mod = heart rate 70%-80% of maximum heart rate
thres = heart rate 80%-90% of max.
race/sprint = heart rate 90-95% of max.

The above mentioned heart rates can be determined by taking:

220 - age = estimated Maximum Heart Rate (MHR)

MHR - Resting Heart Rate (RHR) = adjusted maximum heart rate (AMHR)

AMHR * 60% (minimum steady state target) = adjusted target heart rate (ATHR)

ATHR + RHR = target heart rate (THR)

The measure for heart rate is in beats per minute (bpm).

So the above THR would be the minimum heart rate you should have throughout a workout designated as steady state.

The best time to measure your resting heart rate is first thing in the morning, right after your alarm goes off. An estimate can also be determined after sitting still, in a quiet place and clearing your mind for about ten minutes.

For example:

If you are 20 years old with a resting heart rate of 60 beats per minute (bpm) and you want to see what your minimum heart rate should be for a steady state workout.

$220 - 20 = 200$ (so 200 would be your maximum heart rate)

$200 - 60 = 140$ (this is your adjusted heart rate)

$140 * .60$ (60% from ss above) = 84 (this is your adjusted target heart rate)

$84 + 60$ (resting heart rate) = 144 (this is the minimum heart rate you should maintain for the workout)

Do the same calculation to determine the maximum heart rate for this and other workout levels.

Workouts on the erg need to be based on your 6000m-test piece

Just for an example:

If you pulled a 6000 at 24:00 minutes your average 500m split time is 2:00minutes

SO...

Steady State:	Average split would be +10-13 seconds	or	2:10-2:13
Moderate:	Average split would be +6-9 seconds	or	2:06-2:09
Threshold:	Average split would be +2-3 seconds	or	2:02-2:03
Race 2000m:	Average split would be -7-9 seconds	or	1:51-1:53
Sprint:	Average split would be -10-13 seconds	or	1:47-1:50

The cardio workouts MUST be long at this point in the season. Hence the large amount of 40 minute and above workouts.

Most, if not all, gyms/health clubs have ergs on site and offer monthly memberships.

If you can't get access to an erg the following exercises can be used (target heart rates will need to be used):

Running: (road, trail, stadium steps)

Swimming

Cross country skiing

Basketball (not just shooting, gotta move around)

Body circuit

To include:

(45 seconds on, 15 seconds off)

Cleans (with light weight)

Pull ups

Right leg only squat (no weight)

Left leg only squat (no weight)

Sit ups

Jumpies

Air planes/back extensions (sometimes called supermans; without weight)

Step ups

Leg circles (lay on back, elevate legs 6 inches and rotate legs in small circular motions)

Lunges

Wall sits