

Juniors Training Programme

April 2020



WORCESTER ROWING CLUB
Established 1874

Worcester Rowing Club
The Boathouse, Grandstand Road,
Worcester, WR1 3BJ

Weekly Training Programme

You should make sure you do a **Dynamic Warm-up** (see next pages) for 10 minutes before exercising every time and a 10 minute **stretch/cool down** at the end

Monday

Pilates exercises

<https://www.britishrowing.org/2020/03/pilates-exercises-for-winter-training/>

Tuesday

Either:

Jog / walk / cycle for 30 minutes or

Go Row Indoor 20-minute workout #1 - the interval workout

<https://www.youtube.com/watch?v=THuWp4-pbYs&t=293s>

Wednesday

Body weight exercises – 30 minutes (see next pages)

Thursday

Either:

Jog / walk / cycle for 45 minutes or

Go Row Indoor workout #4 – The pyramid workout x 2

<https://www.youtube.com/watch?v=-T3SwzTcLt4&list=PLJKYUSBLszJL9VOK0ETuZ4gO0xvv9cnZa&index=14&t=849s>

Friday

Body weight exercises – 30 minutes (see next pages)

Saturday

Either:

Jog / walk / cycle for 45 to 60 minutes or

Go Row Indoor workout #3 - The advanced workout

<https://www.youtube.com/watch?v=HYyvDwfYXJk&t=602s>

Followed by 3 x 10 minutes, rating 22-24, medium intensity

Sunday

Day off!

Go Row Indoor workouts combine indoor rowing and circuit-based exercises. These short, high-intensity workouts pack a punch and are perfect for keeping fit during the lockdown.

Go Row Indoor Workouts

If you are using a rowing machine watch the BR Indoor Rowing Technique video with Alex Gregory for tips on technique:

<https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/british-rowing-technique/>

Go Row Indoor 20-minute workout - The original workout

https://www.youtube.com/watch?v=st_AakadXdk

Go Row Indoor 20-minute workout #1 - the interval workout

<https://www.youtube.com/watch?v=THuWp4-pbYs&t=293s>

Go Row Indoor workout #2 - The low impact workout

<https://www.youtube.com/watch?v=oX8s2T6BhoY&t=1201s>

Go Row Indoor workout #3 - The advanced workout

<https://www.youtube.com/watch?v=HYyvDwfYXJk&t=602s>

Go Row Indoor workout #4 – The pyramid workout

<https://www.youtube.com/watch?v=-T3SwzTcLt4&list=PLJKYUSBLszJL9VOK0ETuZ4gO0xv9cnZa&index=14&t=849s>

Go Row Indoor workout #5 - The 30 minute workout

<https://www.youtube.com/watch?v=ndFhHh68-B0&list=PLJKYUSBLszJL9VOK0ETuZ4gO0xv9cnZa&index=15&t=13s>

You can view all the workouts here:

<https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/go-row-indoor-workouts/>

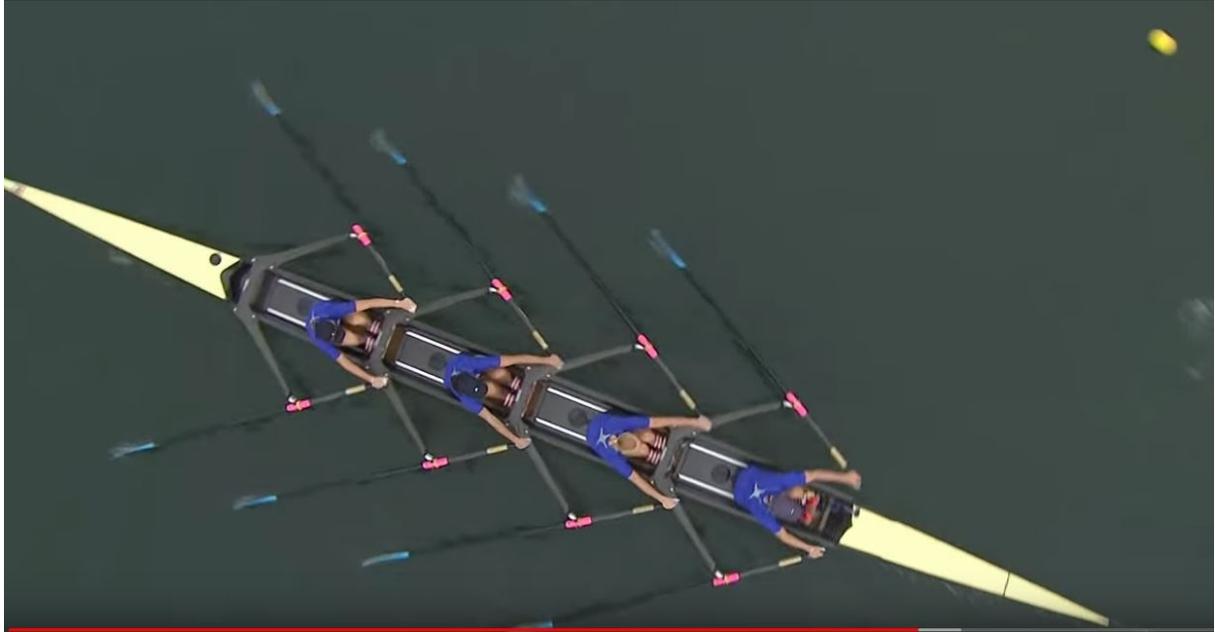
British Rowing Workout Wednesdays

Zak Lee-Green takes you through a simple but effective warm-up to get your body moving and heart pumping

<https://www.youtube.com/watch?v=6cQryqt65wU>

For Inspiration and to see what we are aiming for watch the **Rowing Women's Quadruple Sculls Finals Full Replay - London 2012 Olympic Games**

https://www.youtube.com/watch?v=jO_FOmy-O14



Watch the whole race but **pay particular note from 14.30 mins** to see their incredible technique, rhythm and timing!

DYNAMIC WARM UP

Raise		Activate	
<ul style="list-style-type: none"> • Jogging on the spot 		<ul style="list-style-type: none"> • Fast squats 	
<ul style="list-style-type: none"> • High knees 		<ul style="list-style-type: none"> • Side lunge 	
<ul style="list-style-type: none"> • Heel flicks 		<ul style="list-style-type: none"> • Backward Lunge 	
<ul style="list-style-type: none"> • Squat to over arm reach 		<ul style="list-style-type: none"> • Cross over lunge 	
<ul style="list-style-type: none"> • Squat to over arm side reach 		<ul style="list-style-type: none"> • Wide-leg toe touch 	

Mobilise		Potentiate	
<ul style="list-style-type: none"> T, I & Y drill 		<ul style="list-style-type: none"> Donkey kicks 	
<ul style="list-style-type: none"> Arm circles 		<ul style="list-style-type: none"> Hip thrusts 	
<ul style="list-style-type: none"> Elbow rotations 		<ul style="list-style-type: none"> Mountain Climbers 	
<ul style="list-style-type: none"> Wrist circles 		<ul style="list-style-type: none"> Squat jumps 	
<ul style="list-style-type: none"> Hip circles 			
<ul style="list-style-type: none"> Ankle circles 			

*5 reps/ 5 reps each side

Home Body Weight Exercises (40s on 20s Rest x 3-4)

	<p>Burpees</p>
	<p>Side Plank Left and Right</p>
 <p>twinkl.com</p>	<p>Tricep Dips</p>
	<p>Star Jumps</p>
	<p>Plank</p>
	<p>Press ups</p>
	<p>Lying Knee Raises</p>
	<p>Step-ups</p>
	<p>V-Sit ups</p>

The Drive

The body movement sequence is – **Legs, Body, Arms.**



The Recovery

The body movement sequence is reversed – **Arms, Body, Legs.**



Remember:

The sequence is Legs, body, arms, body, legs. Focus on your legs as 60% of the power is from the legs