



(RE)COMMIT

TRAINING MANUAL

with ERIC MURRAY

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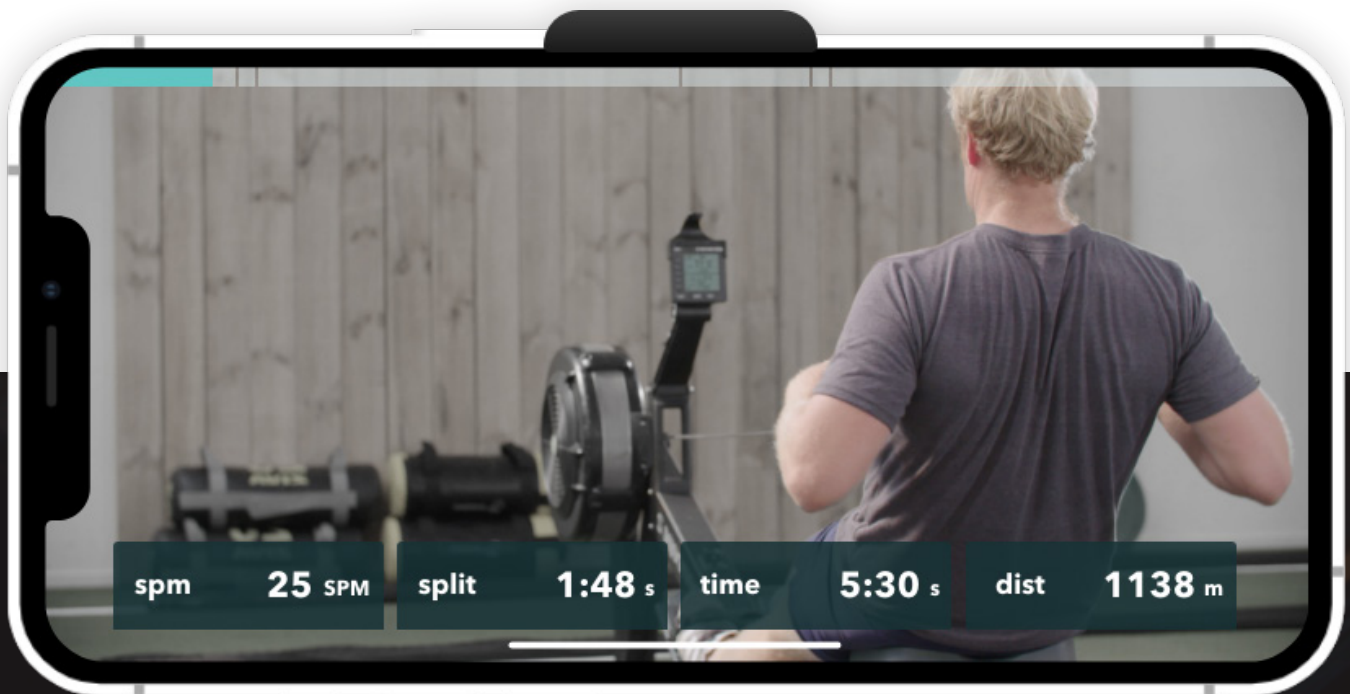
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MEET ASENSEI

Introducing a new connected coaching app that lets world class coaches guide and monitor your practice on a Concept 2 rowing machine. More than a workout, this is a series of lessons - build strength and fitness alongside skill and technique as you are guided, monitored and corrected through these programs by your very own personal coach, asensei.

asensei talks to the performance monitors on your Concept 2 rowing machine. She reads force curves. She analyzes your performance and uses that to inform your practice. To inform the intent of your practice. Losing power at higher stroke rates? Compensating for poor leg drive with over-use of your arms? asensei knows, and she'll make sure you know.



 **concept 2**

PM5

1138 m | 25 $\frac{s}{m}$

5:30 /500m

MEET ERIC

2x

OLYMPIC GOLD
MEDALIST

8x

WORLD CHAMPION
GOLD MEDALIST

4x

OLYMPIC GAMES
ATHLETE

4x

INDOOR ROWING
RECORD HOLDER

"Rowing has been my life. I'd like it to be part of yours. Whatever your sport or fitness goals, I want to help you achieve them by sharing what I know about rowing."

- Eric



THE WORKOUTS

01 // MEET THE COACH

02 // LADDER UP

03 // SPRINT FINISH

04 // TEKKERS

05 // SPEED PLAY

06 // ALMOST 2K

07 // PYRAMID

08 // WATERSHED

09 // LONG AND STRONG

10 // FLIP THE SWITCH

11 // LADDER SPRINTS

12 // MIND OVER MATTER

13 // FUSION

14 // EMPTY THE TANK



ERIC MURRAY COACHING PLAN

MAKE YOUR PLAN

In TEKKERS, Eric takes his technique apart, and asensei puts it together for you. SPEED PLAY will have you chasing targets to beat your best. asensei is watching your every stroke, so she and Eric can

collaborate on your technique and tactics. What ever your sport or fitness goals, Eric will help you achieve them by following him on asensei. You follow Eric, asensei will follow you.

WHAT YOU'LL NEED

THE ASENSEI APP

PHONE CRADLE ATTACHMENT

CONCEPT2 ROWING MACHINE W/ PM5



SAMPLE CALENDAR

1. Excellence is a habit. Plan training times in advance and stick to them.
2. Practice with purpose. Think of a goal you want to achieve with this training cycle, and put it on the planner.
3. Kaizen. It means continuous improvement. This program is designed as a training cycle. Once you finish workout 14, go back to TEKKERS and start your next training cycle.

	Week // 01	Week // 02	Week // 03	Week // 04	Week // 05	Week // 06
Monday	01 Meet your Coach	04 Tekkers	06 Almost 2k	08 Watershed 1k Test	10 Flip the Switch	12 Mind Over Matter
Tuesday						
Wednesday	02 Ladder Up	05 Speed Play	07 Pyramid	09 Long and Strong	11 Ladder Sprints	13 Fusion
Thursday						
Friday						
Saturday	03 Sprint Finish 1k baseline	Athlete's Choice	Athlete's Choice	Athlete's Choice	Athlete's Choice	14 Empty the Tank - 2k test
Sunday						
	This is your first 1k baseline. We'll use this to set your targets for the following weeks.	asensei suggestion: try the asensei challenge	asensei suggestion: CREW X ASENSEI - FAST FRIDAY	asensei suggestion: Try the asensei challenge again - see if you can beat your time. This is your 1k test. Let's see how you improved from the first week, now you have some practice behind you.	asensei suggestion: CREW X ASENSEI - FAST FRIDAY	This is it. Your 2k test. Stick to the plan, hold your splits, and let's see how much faster you got this cycle. If it's your first time, welcome to the club!

ERIC MURRAY

TRAINING CALENDAR

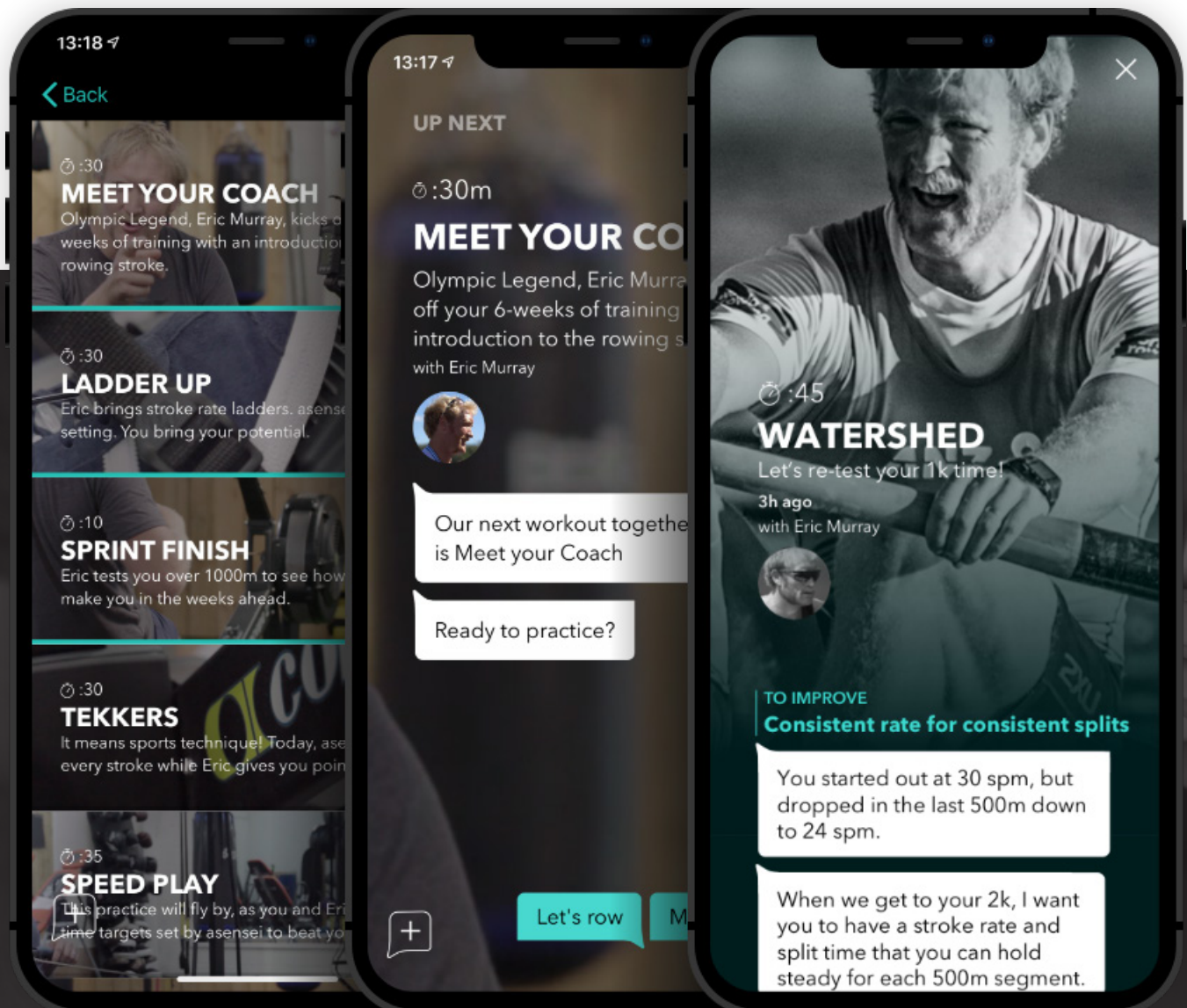


Week	01	02	03	04	05	06	07	08
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

**GOAL FOR CURRENT
TRAINING CYCLE:**

ERIC MURRAY PROGRAM

Train with the Legend.



01 // MEET YOUR COACH

Olympic legend, Eric Murray, kicks off your 6-weeks of training with an introduction to the rowing stroke.



SET *SPM* *MINS* *DIST.*

01 **20** **15** **-**

Do this workout with asensei and we'll break this 15 minute row into a series of short lessons on the rowing stroke. This one will fly by!

02 // LADDER UP

Eric brings stroke rate ladders. asensei brings goal setting. You bring your potential.

WORLD RECORD 10K
FULL NAME: ERIC MURRAY
DATE: DECEMBER, 23 2014
TIME: 31:05.2
CATEGORY: HWT
MACHINE: DYNAMIC



<i>SET</i>	<i>SPM</i>	<i>MINS</i>	<i>DIST.</i>
------------	------------	-------------	--------------

01	20	4	-
-----------	-----------	----------	----------

02	22	3	-
-----------	-----------	----------	----------

03	24	2	-
-----------	-----------	----------	----------

04	26	1	-
-----------	-----------	----------	----------

Repeat the 4 sets twice, resting for 3 minutes between sets. On the second round, try and beat your split times for each set

03 // SPRINT FINISH

Eric tests you over 1000m to see how fast he can make you in the weeks ahead.



SET *SPM* *MINS* *DIST.*

01 **Max** **-** **1000m**

Settle into SPM that you feel comfortable going all out for 1000m



ASENSEI

PRACTICE PERFECTED



www.asensei.com

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