

RECOMMIT PLUS

ERIC MURRAY 7-WEEK 2K TRAINING PLAN

	Monday S1	Tuesday	Wednesday S2	Thursday	Friday S3	Saturday	Sunday S4
W1	MEET YOUR COACH <i>Meet Eric Murray and the fundamentals of rowing.</i> Warmup 15min row including a series of short lessons on the rowing stroke. <ul style="list-style-type: none"> • 12min @ 20spm • 3min @ 24spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	LADDER UP <i>Stroke rate ladder, with asensei setting the pace</i> Warmup Ladder drill, 2x10min sets with 3min rest. <ul style="list-style-type: none"> • 4min @ 20spm • 3min @ 22spm • 2min @ 24spm • 1min @ 26spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i> Additional info: RECOMMIT Article #1	SPRINT FINISH <i>First 1km baseline, used to set targets for following weeks.</i> Warmup 1km row – max effort Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	CRANKING CADENCE <i>Get comfortable with different stroke ratings.</i> Warmup 10 x 2mins with 40s rest <ul style="list-style-type: none"> • 2sets @ 22spm • 2sets @ 24spm • 2sets @ 26spm • 2sets @ 28 or choice • 2sets @ 30 or choice Cooldown ROW: asensei app, YouTube

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W2	TEKKERS <i>Focus on technique, with a series of short lessons as you row.</i> Warmup 20min row including tips <ul style="list-style-type: none"> • 20min @ 20spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	SPEED PLAY <i>Practicing pacing with alternating stroke rates.</i> Warmup 2x12min sets, 4min rest <ul style="list-style-type: none"> • Alternate 2min @22spm and 2min @24spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i> Additional info: RECOMMIT Article #2: Good Form is free speed	FIND THE FLOW <i>A YouTube interval session for technique, low/medium stroke rates.</i> Warmup 4 X 10min with 90s rest <ul style="list-style-type: none"> • 10min @20spm • 5/5min @20/22spm • 5/3/2min @20/22/24spm • 4/3/2/1min @ 20/22/24/26spm Cooldown ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	DRAG PLAY <i>Drag Play - to help you find the right drag factor.</i> Warmup 5 x 6min with 60s rest <ul style="list-style-type: none"> • 6 @20spm drag set 1 • 3/3 @20,22 drag +1 • 3/3 @22,24 drag +2 • 6 @22, drag your choice • 3,2,1 @ 22,24,26 your choice Cooldown ROW: asensei app, YouTube

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	Monday S1	Tuesday	Wednesday S2	Thursday	Friday S3	Saturday	Sunday S4
W3	ALMOST 2K <i>asensei will set you targets as you row</i> Warmup 4x500m sets with 4min rest: <ul style="list-style-type: none"> • 500m @ 24spm • 500m @ 26spm • 500m @ 28spm • 500m @ 30spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	PYRAMID <i>Your aim is to go faster when going back down the pyramid.</i> Warmup 20min pyramid row: <ul style="list-style-type: none"> • 4min @ 20spm • 4min @ 22spm • 4min @ 24spm • 4min @ 22spm • 4min @ 20spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i> Additional info: RECOMMIT Article #3: Training at low rates	STROKE AND GLIDE <i>Focus on your technique at steady (low) stroke rates.</i> Warmup 3 X 15min with 90s rest <ul style="list-style-type: none"> • 10/5 @ 20/22 • 5/10 @ 20/22 • 5/5/5 @ 20/22/24 Cooldown ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	CARDIO CRUSHER <i>Technique focused livestream session.</i> Warmup 4x 10m /60s R <ul style="list-style-type: none"> • 2min @ 20,22,20,22,20spm • 4,3,2,1 @ 20,22,20,22 • 5/5 @ 20/22 • 10 @ 22 Cooldown ROW: asensei app, YouTube

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	Monday S1	Tuesday	Wednesday S2	Thursday	Friday S3	Saturday	Sunday S4
W4	WATERSHED <i>This 1km test will help aseensei set you a target race pace.</i> Warmup 1000m test • row at any rate best 1km time Cooldown ROW: aseensei app	<i>Rest, or light exercise day</i>	LONG AND STRONG <i>Low and slow, long and strong as Eric coaches you through the session.</i> Warmup 20min continuous row • 20min @ 22spm Cooldown ROW: aseensei app	<i>Rest, or light exercise day</i> Additional info: RECOMMIT Article #4: Baselines and Benchmarks	TIME TO HIIT IT <i>This is a great session to warm up for next week.</i> Warmup 4x8min with 2min rest • 2/4/2 @ 20/22/24 • 2/2/2/2 @ 20,22,24,26 • 2/4/2 @ 22/24/26 • 2/2/2/2@22,24,26,28 Cooldown ROW: aseensei app, YouTube	<i>Rest, or light exercise day</i>	PUMP THE POWER <i>Powerstrokes. Varying drag factor (DF) to develop power.</i> Warmup 6 x 4min • 2,2 @ 20,22 normal Drag Factor • 2,2 @ 22,24 +15DF (+1 space) • 2,2 @ 22,24 +30DF • 2,2 @ 24,26 +30DF (no change) • 2,1,1 @ 24,26,28 +30DF (no change) • 1,1,1,1 @ 24,26,28,30 (normal DF) Cooldown ROW: aseensei app, YouTube

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	Monday S1	Tuesday	Wednesday S2	Thursday	Friday S3	Saturday	Sunday S4
W5	FLIP THE SWITCH <i>Get used to race pace with this interval session.</i> Warmup 10 sets of 1min with 90s rest <ul style="list-style-type: none"> • row at race pace Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	LADDER SPRINTS <i>See if you can beat your times in the second set!</i> Warmup 2 sets of 10min ladders, 3min rest <ul style="list-style-type: none"> • 2min@22spm, 2@24, 2@26, 2@28, 2@30 Cooldown ROW: asensei app	<i>Rest, or light exercise day</i> Additional info: RECOMMIT Article #5: Finding Flow	CRUISE CONTROL <i>Steady (low) rate rowing to help build your endurance.</i> Warmup 2 x 20min with 2min rest <ul style="list-style-type: none"> • 10/10min @ 20/22spm • 10/5/5 @ 20/22/24 Cooldown ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	RISE UP <i>Medium pace session</i> Warmup 7 x 3m with 2min rest <ul style="list-style-type: none"> • 1 set @ 22spm • 2 sets @ 24spm • 2 sets @ 26spm • 1 set @ 28spm • 1 set @ 30spm Cooldown ROW: asensei app, YouTube

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	Monday S1	Tuesday	Wednesday S2	Thursday	Friday S3	Saturday	Sunday S4
W6	MIND OVER MATTER <i>Great practice session as we approach your 2k.</i> Warmup Continuous 2000m ladder <ul style="list-style-type: none"> • 500m @24spm, • 500m @26spm, • 500m @28spm, • 500m @30spm Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	FUSION <i>20min row with key coaching recaps for your body and mind</i> Warmup 20min continuous row <ul style="list-style-type: none"> • 20min @ 22spm, with coaching Cooldown ROW: asensei app	<i>Rest, or light exercise day</i> Additional info: <i>BR article with Tom & Saskia TBA</i>	ENDGAME <i>Ramping up stroke rates to prepare for your test next week.</i> Warmup 3 x 7min with 2min rest <ul style="list-style-type: none"> • 2/2/2/1min @ 20/22/24/26spm • 2/2/2/1min @ 22/24/26/28spm • 1/2/2/2min @ 22/24/26/28spm Cooldown ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	GEAR SHIFTER <i>Easy mid rate work. Last chance to ask questions before the big day!</i> Warmup 3 x 12min with 2min rest <ul style="list-style-type: none"> • 6/3/3min @ 20/22/24spm • 6/3/2/1min @ 20/22/24/26spm • 3/3/3/3min @ 20/22/24/26spm Cooldown ROW: asensei app, YouTube

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W7	PERFECT WARMUP <i>Learn all about warming up for your event.</i> 20+ min warmup 2 sets of 4 min, 5 min rest Cooldown ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	PRE-RACE SHAKEOUT Easy session to keep the body moving, details TBC. ROW: asensei app, YouTube	<i>Rest, or light exercise day</i>	EMPTY THE TANK <i>This 2k test marks the culmination of your training.</i> Warmup 2000m test <ul style="list-style-type: none"> row at any rate best 2km time Cooldown ROW: asensei app	<i>Rest, or light exercise day</i>	SMOOTH AND STEADY <i>The program is complete, but if your legs feel up to it why not join Coach Eric for a debrief and recovery session?</i> ROW: asensei app, YouTube

Notes:

1. All sessions, marked **ROW:asensei app** are available in the [asensei app](#) (free to download and trial) and will provide you with coaching, workout tracking, pace targets and personalised challenges.
2. If you can't access the asensei app then you can row any session yourself using the workout descriptions.
3. **ROW: YouTube** sessions are on www.youtube.com/asensei in the [RECOMMIT PLUS playlist](#)
4. Don't worry if can't manage all the sessions in a week, you can either catch up another day, extend your training or skip it and move on - this plan should work for you!

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NAME	GOAL
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Work around *your* commitments and create your own personalised timetable. Mark the date of your event and work back and around your existing commitments.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W1							
W2							
W3							
W4							
W5							
W6							
W7							
W8							

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