



OFF SEASON CROSS TRAINING:

S1: Running, S2: Circuits, S3: Weights, S4: Ergs

Updated: 3/11/2023

SECTION 1: RUNNING OR BIKING

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL MILEAGE
1	2 miles SLOW & STEADY Core circuit	1 mile INTERVAL SPRINTS	REST AND STRETCH	2 miles TEMPO	Body Circuit	5k (3.1mile) test TIMED	REST & STRETCH	8 Miles
2	2.5 miles STEADY STATE Core circuit	2.5 miles TEMPO	REST & STRETCH	1 mile INTERVAL SPRINTS	Body Circuit	4 miles Match 3 mile pace, easy last mile	REST & STRETCH	10 miles
3	4 miles SLOW & STEADY Core circuit	1.5 miles STEADY STATE	Body Circuit	1.5 miles INTERVAL SPRINTS	Body Circuit	5k (3.1mile) test TIMED FIRST MARK	REST & STRETCH	10 miles
4	5 miles STEADY STATE Core circuit	2 miles TEMPO	Body Circuit	2 miles INTERVAL SPRINTS	Body Circuit	4 miles Match 3 mile pace, easy last mile	REST & STRETCH	13 miles

5	2 miles TEMPO Core circuit	6 miles SLOW & STEADY	Body Circuit	4 miles STRONG / TEMPO	Body Circuit	5k (3.1mile) test TIMED	REST & STRETCH	15 miles
6	5 miles TEMPO Core circuit	2 miles STEADY STATE	Body Circuit	3 miles STEADY STATE	Body Circuit	7 miles SLOW & STEADY	REST & STRETCH	17 miles
7	3 miles STEADY STATE Core circuit	6 miles TEMPO	Body Circuit	4 miles STEADY STATE	REST & STRETCH	5k (3.1mile) test TIMED MIDWAY MARK	REST & STRETCH	16 miles
8	3 miles STRONG / TEMPO Core circuit	2 miles STEADY STATE	Body Circuit	4 miles TEMPO	Body Circuit	2 miles STEADY STATE	REST & STRETCH	11 miles
9	2 miles INTERVAL SPRINTS Core circuit	5 miles SLOW & STEADY	Body Circuit	4 miles STEADY STATE	Body Circuit	5k (3.1mile) test TIMED	REST & STRETCH	14 miles
10	5 miles SLOW & STEADY Core circuit	2 miles INTERVAL SPRINTS	Body Circuit	3 miles STRONG / TEMPO	Body Circuit	4 Miles STEADY STATE	REST & STRETCH	14 miles
11	2 miles INTERVAL SPRINTS Core circuit	5 miles SLOW & STEADY	Body Circuit	4 miles STEADY STATE	REST & STRETCH	5k (3.1mile) test TIMED END MARK	REST & STRETCH	14 miles

LEGEND:

SLOW & STEADY: Maintenance of a pace which would still allow the ability to converse with a training partner.

STEADY STATE: Selection of a pace that is quicker than **SLOW & STEADY** but can still be maintained over a said distance. Breathing heavy but controlled.

TEMPO: Variation of pace throughout the run, selection of periods of sustained open pace running interspersed with more moderate recovery running, selecting various terrain or surface (hills, fartlek running, ect.)

STRONG TEMPO: Same as **TEMPO** but with longer more sustained periods of open paced running, higher intensity effort intermittent with lighter recovery/steady running.

INTERVAL SPRINTS: High intensity bursts ranging from 1/8-1/2 mile in duration. Should jog/walk during a short rest period. Repeat the distance 4-6 times until you have reached the total mileage detailed on the plan. Works top end speed.

TIMED: Strong, best effort run, to provide individual objective markers to monitor progress and use data for goal setting.

BLACK TEXT: This details the run/bike duration.

BLUE TEXT: This details the intensity at which you should be running. It is a descriptor for your pace, similar to how we do level 1,2,3,4 throughout the season.

RED TEXT: Cross training, body circuits and core. Strength based work. Core and leg work is essential for injury prevention with such an increase in running or biking.

GREEN TEXT: Rest and Stretch. It is essential to take a break in the week. Your body needs an opportunity to recover. Be sure to hydrate and stretch. You should stretch every day.

FURTHER DESCRIPTION AND POINTERS:

DO THIS PLAN AT YOUR OWN PACE. BEGIN WITH WEEK 1 DAY 1. WORK THROUGH IT CONSECUTIVELY, IF YOU MISS A DAY DO NOT SKIP THE WORKOUT. IT IS NOT DESIGNED FOR SPECIFIC DAYS, BUT GIVES THE ORDER IN WHICH IT SHOULD BE COMPLETED. EACH WEEK BUILDS OFF THE PREVIOUS WEEKS WORK, SO IF YOU SKIP WORKOUTS IT WILL BE MUCH MORE CHALLENGING THAN IF YOU MOVE THROUGH IT CONSECUTIVELY AT YOUR OWN PACE.

- Try to run with a partner, working out alone can get boring
- Start with a pace you are comfortable with and build steadily, but also don't be afraid to push yourself
- Not every run has to be lightning fast, it's important to train all systems of the body
- Run/bike slower at the beginning and work into a faster pace. Always finish strong
- Don't look down, look where you are going, be aware of your surroundings and be safe
- Run/bike at least three times per week, try to work toward 4-5 times per week
- Be sure to do a dynamic warmup before every workout and stretch at the end of each workout.

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- Medium distance/average pace - backbone to the training plan
 - Long and slow - slow and comfortable, they build endurance
 - Interval training - ¼ mile to ½ mile at a time, sprinting with rest or walking/jogging at an easy pace in between for a short time. High intensity for 4-6 repetitions try to do once per week. These work top end speed
 - Hill and fartlek: hills work inclines and declines to help build some strength and stability in the legs and core. It will work muscles that may not be activated as much through flat surface running. Fartleks are runs that have body or core circuit type workouts interspersed every few minutes or distances. Example of a fartlek is as follows: 2:00 running, 20 burpies, 2:00 running, 20 sit ups, 2:00 running, 20 squats, 2:00 running, 20 push ups. These types of workouts can be done on [TEMPO](#) days if you are looking to change things up a bit.

SECTION 2: BODY CIRCUITS

- **COMPLETE CORE (CORE CIRCUIT)**

EXERCISE	WORKOUT TIME	REST TIME
CRUNCHES	:20,:30,:45,1:00	:10,:10,:15,:15
SCISSOR KICKS	:20,:30,:45,1:00	:10,:10,:15,:15
PLANK	:20,:30,:45,1:00	:10,:10,:15,:15
FLUTTER KICKS	:20,:30,:45,1:00	:10,:10,:15,:15
RUSSIAN TWIST	:20,:30,:45,1:00	:10,:10,:15,:15
DEAD BUG	:20,:30,:45,1:00	:10,:10,:15,:15
WIPERS/HALF WIPERS	:20,:30,:45,1:00	:10,:10,:15,:15
ELBOW TO KNEE CRUNCHES	:20,:30,:45,1:00	:10,:10,:15,:15

- **THE USMC 500 (CORE CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
FLUTTER KICKS	30,40,50,60,70,80,90,100 reps	:10
PLANK	:30,:40,:50,1:00	:10
SIT UPS	30,40,50,60,70,80,90,100 reps	:10
PLANK	:30,:40,:50,1:00	:10
CRUNCHES	30,40,50,60,70,80,90,100 reps	:10
PLANK	:30,:40,:50,1:00	:10
BICYCLE KICKS	30,40,50,60,70,80,90,100 reps	:10
PLANK	:30,:40,:50,1:00	:10
FLUTTER KICKS	30,40,50,60,70,80,90,100 reps	:10
PLANK	:30,:40,:50,1:00	:10

- **PLANK & SIX INCHES CORE (CORE CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
PLANK	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
FLUTTER KICKS	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
SIDE PLANK	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
SCISSOR KICKS	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
SIDE PLANK	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
SIX INCHES	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
ALTERNATING LEG ARM PLANK	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15

BRIDGE	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15
ALTERNATING LEG ARM PLANK	:20,:30,:40,:50,1:00	:10,:10,:10,:15,:15

- KANG CORE (CORE CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
Crunches	50,75,100	:15
Push Ups	20,30,40	:15
Toe Touches	40,50,60	:15
Elbow to Knee Crunches	60,70,80	:15
Scullers	50,75,100	:15
Plank	1:00,1:15,1:30	:15
V-Sits	20,30,40	:15
Russian Twists	40,50,60	:15
Three Point Plank	40,50,60	:15
Supermans	:20,:30,:40	:15

- THE SCIENTIFIC “7 MINUTE” WORKOUT (BODY CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
Jumping Jacks	:20,:30,:45,:1:00	:10,:10,:10,:10
Wall sit or Squat Hold	:20,:30,:45,:1:00	:10,:10,:10,:10
Push Ups	:20,:30,:45,:1:00	:10,:10,:10,:10
Crunches	:20,:30,:45,:1:00	:10,:10,:10,:10

Tricep Dip or Narrow Push Ups	:20,:30,:45,:1:00	:10,:10,:10,:10
Step Ups or Pundulum Lunge	:20,:30,:45,:1:00	:10,:10,:10,:10
Plank	:20,:30,:45,:1:00	:10,:10,:10,:10
High Knees	:20,:30,:45,:1:00	:10,:10,:10,:10
Lunges	:20,:30,:45,:1:00	:10,:10,:10,:10
Push up Rotation	:20,:30,:45,:1:00	:10,:10,:10,:10
Side Plank	:20,:30,:45,:1:00	:10,:10,:10,:10

- **HIIT (BODY CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
Jumping Jacks	:15,:20,:30,:45	:10
Burpies	:15,:20,:30,:45	:10
Mountain Climbers	:15,:20,:30,:45	:10
Lunge Jumps	:15,:20,:30,:45	:10
Push Ups	:15,:20,:30,:45	:10
Jumpies	:15,:20,:30,:45	:10
Plank to Push up	:15,:20,:30,:45	:10
5-7 rounds, minimum rest between exercises, 1:30-2:00 rest between rounds		

- **PYRAMID (BODY CIRCUIT)**

EXERCISE	REPS	REST TIME
Push Ups	10	:10
Supermans	20	:10
Jumpies	30	:10
Flutter Kicks	40	:10
Jumping Jacks	50	:10
Plank	1:00	:10
Mountain Climbers	50	:10
Scullers	40	:10
Lunge Jumps	30	:10
Bird Dogs	20	:10
Push Up Rotations	10	:10

- **LEG CIRCUIT (BODY CIRCUIT)**

EXERCISE	WORK TIME	REST TIME
Squat	20,30,40,50,60 reps	:10
Lunge	20,30,40,50,60 reps	:10
Jumpie	20,30,40,50,60 reps	:10
Lunge Jump	20,30,40,50,60 reps	:10
Squat Jack	:20,:30,:40:50,1:00	:10
Clock Lunge	20,30,40,50,60 reps	:10

LEGEND & NOTES

- Note the difference between core circuits and body circuits, they are labeled in either orange or red
- Work through these **at your own pace**. Once you feel comfortable at one work time increment move to the next. Do the entire circuit at one work time increment before moving to the next, do not change time for each exercise. Feeling a burn is a good thing, but consistent soreness and pain is your body telling you **to take a break!**
- If you start by competing circuits at :20 or 20 rep intervals, move to :30 or 30 rep intervals when it begins to feel less challenging.

SECTION 3: WEIGHT LIFTING

DAY 1			
EXERCISE	SETS	REPETITIONS	Tutorial Link
Front Squat	3-4	8,10,12	N/A
Single Leg RDL w/ dumbell	3-4	8,10,12	N/A
Weighted Step Up	3-4	8,10,12	N/A
Seated Row/Dumbell row	3-4	8,10,12	N/A
Shoulder fly (side raise)	3-4	8,10,12	N/A
Z-curl	3-4	8,10,12	N/A
Tricep Push Down	3-4	8,10,12	N/A
Chest Fly	3-4	8,10,12	N/A

DAY 2			
EXERCISE	SETS	REPETITIONS	Tutorial Link
Hex Bar Deadlift	3-4	8,10,12	
Shoulder Press	3-4	8,10,12	
Band Walk	3-4	8,10,12	
Face Pull	3-4	8,10,12	
Back Extension	3-4	8,10,12	
Front Raise	3-4	8,10,12	

Tricep Behind Head	3-4	8,10,12	
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DAY 3			
EXERCISE	SETS	REPETITIONS	Tutorial Link
Bench Press	3-4	8,10,12	
Hip Thrust	3-4	8,10,12	
Lat Pull Down	3-4	8,10,12	
Weighted Lunge	3-4	8,10,12	
Rear Delt Fly	3-4	8,10,12	
Tricep Dips	3-4	8,10,12	
Hammer Curls	3-4	8,10,12	

LEGEND & NOTES

- Complete 3-4 sets of the exercise, should take 1:30-3:00 rest between sets to allow for recovery.
- For heavier compound lifts warmup with lighter weight sets before you begin your 3-4 working sets to allow you muscles to adjust to a heavy load.
- When you can comfortably complete 8 repetitions per set, try to bump up to 10 next time you complete the given day. When 10 feels comfortable bump the reps to 12. When 12 begins to feel comfortable up the weight and lower the reps back to 8.
- If you are unfamiliar with a given exercise ask a coach or check out the provided link for a tutorial and explanation!
- Try to lift 3 times per week, or every other day. Bring a buddy, working out alone can get boring and lifting without a spotter can be dangerous.
- Try to complete the days in order, don't skip any days routinely, as the three day circuit will ensure you hit every muscle group. If you miss a week, repeat your last weeks weight and reps. Record your workouts to keep track of your sets and reps.
- **Be realistic**, start light and **DO NOT** ego lift. Ego lifting is dangerous and will not help us achieve desired results.
- Ensuring that we have proper form and that we are hitting the rep range correctly will help build muscle and prevent injury.
- Remember, we are lifting to become better and stronger rowers, not better lifters. There are many ways to approach lifting, but this program will yield better results for rowing and all around athleticism.

- Work through this **at your own pace** and **listen to your body**. You may feel some soreness in the first week or two of lifting, but if it continues give yourself a longer rest period before your next lift day.

SECTION 4: ERGING

EXAMPLE WEEK						
SUSNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	U2/U1	AT	CROSS TRAIN/U1	U2	U1/TR1	CROSS TRAIN/ REST

U2 WORKOUTS (Easy steady state, low effort endurance work)

- 3x20:00/2:30r (5,5,5,5@16spm,18spm,20spm,18spm) same structure all sets.
- 3x19:00/4:00r (4,3,2,1,2,3,4@16,18,20,22,20,18,16) same structure all sets.
- 2x30:00/3:00 (10,10,10@16,18,20) raise two beats for second set.
- 4x15:00/3:00r (5,5,5@16,18,20) first two sets same, raise two beats for the last two sets.
- 6x10:00/2:00r (full set@16,18,20,18,20,22) same structure all sets.

U1 WORKOUTS (Hard steady state, medium to high effort endurance work)

- 5x2000/3:00r (full set @18,20,22,20) same structure all sets.
- 4x10:00/3:00r (4,3,2,1@18,20,22,24) same structure all sets.
- 2x20:00/3:00r (10,5,5@20,22,24) same structure all sets.
- 19,19,10/4:00r: 2x19@(4,3,2,1,2,3,4@18,20,22,24,22,20,18); 10@(4,3,2,1@20,22,24,26)
- 4x12:00/3:00r: set 1(5@20,1@24); set 2(3@20,1@24); set 3(2@20,1@24); set 4(1@20,1@24)

AT WORKOUTS (Anaerobic Threshold, High Effort, could be racing pace)

- 3x15:00/5:00r (5,5,5@24,26,28) same structure all sets.
- 6x2000m/5:00r (full set@24,24,26,26,28,28)
- 6x1500m/5:00r (full set@24,26,28,30,28,30)
- 3x4000m/5:00r (full set@24,26,28)
- 4x3000m/5:00r (full set@24,26,26,28)
- 2x6000m/5:00r (full set @24,26)

TR1 WORKOUTS (Long Intervall, High effort, racing/seat racing pace)

- 4x1500m/7:00r (full set@26,28,30,32)
- 5x1000m/5:00r (full set@26,28,30,28,30)
- 3x6:00/6:00r: set 1(3,2,1@28,30,32); set 2(3,2,1@30,32,34); set 3(3,2,1@32,34,36)
- 10:00,10:00,7:00/7:00r 10@(4,3,2,1@26,28,30,32); 10@(4,3,2,1@28,30,32,34); 7@(3,2,1,1@30,32,34,36)

TESTING

- 6k
- 5K
- 2K
- 10 Stroke Watts

LEGEND & NOTES

- The off season is a time to take a step back and focus on longer aerobic work. Building our endurance during the off season will set a good foundation for the winter and spring season.
- Understand that resting and stretching is just as important as putting in the work, we must be careful to avoid over training and burn out during the off season.
- I recommend not erging more than four times per week. If you have an erg heavy week, try to have a light erg week the following week. We want to avoid burnout and work our muscles in ways we may not always be able to during the season.
- It is also important to note that not every workout has to be lightning fast. Avoid overtraining and burnout, develop a healthy relationship with your training. The off season should be stress free. Still challenge yourself, but don't beat yourself up over a workout if it did not go as planned.
- Record your workouts to track your progress.
- I recommend having 1-2 U2, 1-2 U1, and 1 AT workout per week during the off season. TR1 workouts can be sprinkled in rarely, but should not make up the majority of any week and should not be present every week during the off season. This focus will help build our aerobic capacity.

- Testing is not a priority during the off season. If you choose to test, 5k's are a good measure of fall style training. If you've been working out consistently and want to attempt testing, try to 5k every 6-8 weeks. Again this should not be a priority, but can be a good measure of performance if you've been working out consistently. Year round teams rarely if ever 2k in the fall as races tend to fall in the 5k-6k range. 5k and 6k data can provide more comprehensive training targets.

DEFINITIONS

- **U2: Utilization, steady state:** easy pacing low effort, rates usually fall between 16-20, long endurance work.
- **U1: Utilization, hard steady state:** medium to high effort, longer pieces, rates usually fall between 20-24.
- **AT: Anaerobic Threshold:** high effort, racing or just shy of racing pace, some mid range to long work, rates fall between 24-30
- **TR1: Transportation, Long Interval:** high effort, racing/seat racing effort. Max effort for long interval work, rates usually fall between 28-34.
- **TR2: Transportation, Short Interval:** high effort, racing/seat racing effort. Max effort for short interval work, rates usually fall between 30-36.