

Athlete Name

Training Program
2025

Benzecry-Lynch
Personal Coaching

Day Date	Monday 17th March 2025	Tuesday 18th March 2025	Wednesday 19th March 2025	Thursday 20th March 2025	Friday 21st March 2025	Saturday 22nd March 2025	Sunday 23rd March 2025 In-Person
Time Workout	OFF	First Session Ergo Race Warmup 2x2000m r26, 5' rest	First Session Ergo 3x5k r20-22, 2' rest	First Session Cross-Training 2x30' run/bike/swim	First Session Ergo* 6x 1' on, 1' off. 4' rest 5x 1' on, 1' off.	First Session Ergo 2x3k r22-24, 5' rest	First Session Ergo together 8x500m, 3' rest
Time Workout		Second Session Row	Second Session Weights A	Second Session Row	Second Session Weights B	Second Session (Optional) X-Train 2x30' run/bike/swim	Second Session Row on Tideway Technical session

Row With Existing Coach / Program

UT2 = 70-80% max H.R.

UT1 = 80-85% of max H.R.

A.T. = Full pressure pieces >3' pieces

LT/Power work = Full pressure <3' pieces

Strength and Conditioning

Important Notes:

Green workouts = heartrate 150-160bpm. You should be able to hold a conversation.

Orange workouts = heartrate 160-180bpm. You should be breathing heavy, but NOT at max.

*Friday: do the first few 1' at a managable pace, the 2nd-last 1' at **max**, then hang on for the last 1' Last time your average was 1:47.5, r32. Lets aim for 1:47.0 this time.

Eat lots!

Instructions:

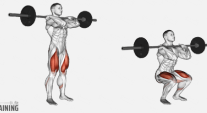
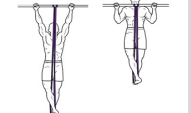
Alternate between Day A and Day B, with max. 3-4x sessions a week

Each superset has a main lift and an auxillary lift that is done between sets of the main lift. ~3 mins between sets of the main lift.

Start light and build from there! We'll drop the reps and increase weight as you progress.

Record your weight for each exercise in a notebook or 'notes' app. Increase by a bit each session.

We'll go through these movements on Sundays.

Day A	Exercise	Sets x Reps	Description	Model	Why?
Superset 1	Main Front Squat	4x8	Ensure weight is supported by collar and shoulders (not wrists) Squat until hips go below knees (or lower). Keep chest up. Return by driving through heels.		Legs provide 60-65% of the power in a rowing stroke.
	Aux. Medball slams	4x10	Lift sandbag as high as you can (on tip-toes), then slam into ground as hard as you can. Repeat.		Very good for athleticism and injury prevention (Explosive concentric movement).
Superset 2	Main Pull-up	4x6	Overhand grip, chin over bar. Use a band to get to 6 reps, or just do as many as you can.		Upper back and arms provide 15-20% of the power in a rowing stroke.
	Aux. Dumbbell Pullover	4x10	Lie on bench and hold a dumbbell with both hands above chest. Keep your arms <i>straight</i> and lower it behind your head until you feel a stretch, then return.		Really good to keep the ribs healthy (intercostal muscles).
Superset 3	Main		redacted		
	Aux.				
Core Superset			redacted		
Finish with 60s Hollow Hold					

how we beat Oxford
(don't tell)