

Effort Levels

Aerobic: Sustainable pace, minimal resistance.

Strength: Slow pace, maximal resistance, hold position for 1 second at maximal extension.

Anaerobic: High Tempo pace, medium resistance.

Week 1 – Day 1

Set 1

Rowing: 2 x 20sec Aerobic - 10 sec rest

Rowing: 2 x 20sec Strength - 10 sec rest

Front Catch: 2 x 20sec Aerobic - 10 sec rest

Front Catch: 2 x 20sec Strength - 10 sec rest

Double Arm: 2 x 20sec Aerobic - 10 sec rest

Double Arm: 2 x 20sec Strength - 10 sec rest

Set 2

Rowing: 3 x 20sec Aerobic - 10 sec rest

Rowing: 3 x 20sec Anaerobic - 40 sec rest

Catch Up: 3 x 20sec Aerobic - 10 sec rest

Catch Up: 3 x 20sec Anaerobic - 40 sec rest

Full Stroke: 3 x 20sec Aerobic - 10 sec rest

Full Stroke: 3 x 20sec Anaerobic - 40 sec rest

Week 1 – Day 2

Set 1

Front Catch: 3 x 30sec Strength - 30 sec rest

Double Arm: 3 x 30sec Anaerobic - 30 sec rest

Rowing: 3 x 30sec Strength - 30 sec rest

Double Arm: 3 x 20sec Aerobic - 10 sec rest

Set 2

Full Stroke: 3 x 30sec Strength - 30 sec rest

Double Arm: 3 x 30sec Anaerobic - 30 sec rest

Chest Press: 3 x 30sec Strength - 30 sec rest

Double Arm: 3 x 20sec Aerobic - 10 sec rest

Week 2 – Day 1

Set 1

Chest Press: 2 x 30sec Aerobic - 10 sec rest
Chest Press: 2 x 30sec Strength - 30 sec rest
Front Catch: 2 x 30sec Aerobic - 10 sec rest
Front Catch: 2 x 30sec Strength - 30 sec rest
Double Arm: 2 x 30sec Aerobic - 10 sec rest
Double Arm: 2 x 30sec Strength - 30 sec rest

Set 2

Rowing: 2 x 30sec Aerobic - 10 sec rest
Rowing: 2 x 30sec Strength - 30 sec rest
Front Catch: 2 x 30sec Aerobic - 10 sec rest
Front Catch: 2 x 30sec Strength - 30 sec rest
Double Arm: 2 x 30sec Aerobic - 10 sec rest
Double Arm: 2 x 30sec Strength - 30 sec rest

Week 2 Day 2

Set 1

Front Catch: 2 x 30sec Aerobic - 10 sec rest
Catch Up: 2 x 30sec Aerobic - 10 sec rest
Full Stroke: 2 x 30sec Anaerobic - 30 sec rest
Double Arm: 2 x 30sec Anaerobic - 30 sec rest

Set 2

Front Catch: 2 x 30sec Aerobic - 10 sec rest
Catch Up: 2 x 30sec Aerobic - 10 sec rest
Full Stroke: 2 x 30sec Anaerobic - 30 sec rest
Double Arm: 2 x 30sec Anaerobic - 30 sec rest

Set 3

Front Catch: 2 x 30sec Aerobic - 10 sec rest
Catch Up: 2 x 30sec Aerobic - 10 sec rest
Full Stroke: 2 x 30sec Anaerobic - 30 sec rest
Double Arm: 2 x 30sec Anaerobic - 30 sec rest

Week 3 Day 1

Set 1

Catch Up: 4 x 30sec Aerobic - 10 sec rest
Double Arm: 2 x 30sec Aerobic - 10 sec rest
Rowing: 2 x 30sec Aerobic - 10 sec rest

Set 2

Double Arm: 4 x 20sec Anaerobic - 30 sec rest

Rowing: 2 x 40sec Aerobic - 10 sec rest

Set 3

Catch Up: 4 x 30sec Aerobic - 10 sec rest

Double Arm: 2 x 30sec Aerobic - 10 sec rest

Rowing: 2 x 30sec Aerobic - 10 sec rest

Set 4

Double Arm: 4 x 20sec Anaerobic - 30 sec rest

Rowing: 2 x 40sec Aerobic - 10 sec rest

Week 3 Day 2

Set 1

Rowing: 4 x 30sec Aerobic - 10 sec rest

Chest Press: 4 x 30sec Aerobic - 10 sec rest

Set 2

Full Stroke: 6 x 20sec Anaerobic - 30 sec rest

Set 3

Double Arm: 6 x 20sec Anaerobic - 30 sec rest

Set 4

Rowing: 4 x 30sec Aerobic - 10 sec rest

Chest Press: 4 x 30sec Aerobic - 10 sec rest

Week 4 – Day 1

Set 1

Catch up: 2 x 30sec Aerobic - 10 sec rest

Chest Press: 4 x 30sec Strength - 30 sec rest

Set 2

Full Stroke: 4 x 30sec Anaerobic - 30 sec rest

Rowing: 4 x 30sec Strength - 30 sec rest

Set 3

Front Catch: 4 x 30sec Strength - 30 sec rest

Double Arm: 4 x 30sec Anaerobic - 30 sec rest

Set 4

Catch up: 2 x 30sec Aerobic - 10 sec rest
Chest Press: 4 x 30sec Strength - 30 sec rest

Week 4 – Day 2

Set 1

Chest Press: 4 x 30sec Strength - 30 sec rest
Rowing: 4 x 30sec Strength - 30 sec rest

Set 2

Full Stroke: 6 x 20sec Anaerobic - 30 sec rest
Catch Up: 4 x 30sec Aerobic - 10 sec rest
Full Stroke: 6 x 20sec Anaerobic - 30 sec rest

Set 3

Double Arm: 6 x 20sec Anaerobic - 30 sec rest
Catch Up: 4 x 30sec Aerobic - 10 sec rest
Double Arm: 6 x 20sec Anaerobic - 30 sec rest