



# INDIVIDUAL TRAINING PROGRAM

JANUARY 2026 • 1K APRIL MAY JUNE PEAK



*Row Faster This Year!*



Dear Faster Masters Rowers,

Follow this program if you are:

- Preparing for a 1k event in April, May or June 2026

January is new beginnings but these may come after a break in training. If you have missed workouts count the number of days you missed (e.g. 5) and then build back gradually over the same number of days. If you have missed fewer than 20 days, start with 50-75% of the training volume (be guided by how you feel each day). You will be back at 100% when you have done the same number of training days as the number you missed. It's fine to do 75% one day and 50% the next practice.

Stroke rates rise again this month - starting with Tuesday's half slide work SR 28 and on Saturday they step up from SR 22 to SR 26 - this is progressive so you will be able to gauge how well you can cope with the rates each week.

Technically we are focused on getting the body angle set early in the recovery - so that after half slide you don't have to change anything except square the blade. Two drills support this - the body swing only drill and half slide rowing. Body swing happens twice each stroke - once in the power phase and once in the recovery - ensure they are symmetrical - rock back as far as you rock forwards. Half slide forces you to get your body ready earlier in the recovery. On the recovery aim to have straight arms before rocking especially at stroke rates below SR 24.

Do the full set of baseline tests early in the month. Use the Erg Intensive test week program protocol which is in your REF Faster Five XXXX Program module.

Row Faster This Year,

Rebecca Caroe

Answers to common questions are in the Training Program Guidelines.



<b>Dates</b>	January 2026
<b>Phase</b>	<b>Base Preparation 2</b>
<b>Key</b>	Warm up = recommended warm up format & time Session = main body of the workout Rest = rest, Rating SR = stroke rate instructions (') = minutes, (") = seconds (*) = priority workouts of the week Notes = comments for the session Cool down = recommended cool down time
<b>Reference</b>	Small boats: single 1x, double 2x, and pair 2- Big boats: quad 4x, four with cox 4+, straight four 4-, and eight 8+
<b>Cycle</b>	Daily training sessions repeated each week
<b>Set Your Training Zones</b>	To determine your Training Zones first do the Faster Five Fitness Assessment, then use <a href="#">this calculator</a> .
<b>Body Swing Drill</b>	A drill to help you set your body angle on the recovery, that teaches how to sequence each body part - legs / back / arms as each one transitions to the next. <a href="https://youtu.be/5U4bkL3ZwUk">https://youtu.be/5U4bkL3ZwUk</a>



<b>Day 1 Monday</b>	<p><b>Off</b> - recovery day.</p> <p>Review your oar and scull lengths and inboards - check they are identical. Consider if you need to shorten them (you're a year older than last January 1st after all).</p>
<b>Day 2 Tuesday*</b>	<p><b>Warm up</b></p> <p><b>Water:</b> Do the pick drill as your warm up plus full slide rowing totalling 10 minutes.</p> <p><b>Indoor rower:</b> Do the pick drill as your warm up plus full slide rowing totalling 10 minutes.</p> <p><b>Session:</b> 2 x 20'. 4' on, 1' half slide rowing. Rest: 5'</p> <p><b>Rating/Pace:</b> 4' at SR 20 and 1' half slide at SR 28. Indoor rower: Cat 6-5 pace (UT2-UT1),</p> <p><b>Notes:</b> This workout helps keep you familiar with higher ratings while still building your aerobic base fitness. Aim to be very precise at half slide - exactly where you roll forward to, exactly when you place the blades in at the catch.</p> <p><b>Training effect:</b> Cat 6-5 (UT2/UT1).</p> <p><i>Repeat your baseline erg tests early in the month instead of this workout and the Thursday workout. Details are in the Faster Five Fitness Assessment module.</i></p>
<b>Day 3 Wednesday</b>	<p>Strength session.</p> <p>And/or</p> <p>Row</p> <p><b>Session:</b> 45'</p> <p>Rest: n/a</p> <p><b>Rating/Pace:</b> SR 18</p> <p><b>Notes:</b> If you need, stop briefly for a drink of water at half way. Do not take longer than one minute. Align the intensity with your test results for the training that suits you.</p> <p><b>Training effect:</b> Cat 6 (UT2).</p>



<b>Day 4</b> <b>Thursday*</b>	<p><b>Warm up</b> <b>Water:</b> 5' @ SR 18 <b>Indoor rower:</b> 5' @ Cat 6 (UT2) pace</p> <p><b>Session:</b> 3 x 15' with 1' drills in the middle of each set. Rest: 2' <b>Rating/Pace:</b> All boats SR 20.</p> <p><b>Notes:</b> Select a drill that suits your needs. Bladework skills like early square / late feather; or pauses; or isolating part of the stroke (legs only) will be beneficial.</p> <p><i>Training effect: Cat 6 (UT2).</i></p>
<b>Day 5</b> <b>Friday</b>	<p>Strength session Or Row</p> <p><b>Session:</b> 45'</p> <p><b>Rating/Pace:</b> SR 20 Indoor rower: Cat 6 pace, row at SR 20 for your Cat 6 pace.</p> <p><b>Notes:</b> Work on an early preparation on the recovery - body angle set by quarter slide (and then don't alter it until after your oars are under the water).</p> <p><i>Training effect: Cat 6 (UT2).</i></p>



<b>Day 6</b> <b>Saturday*</b>	<p><b>Warm up</b></p> <p><b>Water:</b> 10' @ SR 18 include 3 x 10 strokes at SR 20-28 in the warm up.</p> <p><b>Indoor rower:</b> 10' @ UT2 Cat 6 (UT2) pace include 3 x 10 strokes at SR 20-28 in the warm up.</p> <p><b>Session:</b> 3 x 10'</p> <p>Rest: 4'</p> <p><b>Rating/Pace:</b></p> <p>Set #1 SR 22</p> <p>Set #2 SR 24</p> <p>Set #3 SR 26</p> <p><b>If you are training in 1x single scull do these 2 points lower (SR 20,22,24).</b></p> <p>Indoor rower: Cat 5-4 (UT1-AT) pace, same stroke rates as above.</p> <p><b>Notes:</b> Take note of your split / boat speed in this workout. You should be going further and have a lower split as the rate rises. Use your learnings about setting the body angle early in the recovery as your technique focus.</p> <p><i>Training effect: Cat 5-4 (UT1-AT).</i></p>
<b>Day 7</b> <b>Sunday</b>	<p><b>Warm up</b></p> <p><b>Water:</b> 5' @ SR 18</p> <p><b>Indoor rower:</b> 5' @ Cat 6 (UT3) pace</p> <p><b>Session:</b> 2x 30' including the body swing drill at the start of each piece.</p> <p>Rest: 2'</p> <p><b>Rating/Pace:</b></p> <p>All boats SR 18.</p> <p>Indoor rower: Cat 6 (UT2-3) SR 18.</p> <p><b>Notes:</b> Start each piece doing the body swing drill for 10 strokes at each position (body only, body and arms, half slide). Details on page 3. An enjoyable distance row - notice the boat run on the recovery.</p> <p><i>Training effect: Cat 6 (UT3-2).</i></p>



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