



# INDIVIDUAL TRAINING PROGRAM

MARCH 2026 • 1K JULY AUGUST SEPTEMBER PEAK



*Row Faster This Year!*



Dear Faster Masters Rowers,

Follow this program if you are:

- Preparing for a 1k event in July, August or September 2026
- Have recently completed a long distance race in March - take a rest week after your regatta and then start this program.

This program is a transition month for two groups of athletes. For those racing 2-5k events in March, use this program for the week(s) after your race event. For athletes training indoors or coming back onto the water use this program to build your base fitness.

Schedule testing for the first week you do this program. The Faster 5 Fitness Assessment is in your portal and explains the protocol. This will individualise your training intensities and show if you are weaker in power, aerobic or anaerobic fitness.

Two separate and distinct technical focus points are in the program. The power phase - a long leg drive and delayed back swing on Wednesday and Friday. Treat the emphasis on long legs as an exaggeration. Note how your stroke changes (ratio, length and the sound of the oars in the water).

And the transition from power onto the recovery using pause drills. It is helpful to get videoed doing these drills. When pausing at the finish with blades on the water use this to check your handle height on your lower ribs - it's the same position you should be in just before extracting the oar from the water. Ensure your elbows are level or higher than your wrists.

Row Faster This Year,  
Rebecca Caroe

Answers to common questions are in the Training Program Guidelines.



<b>Dates</b>	<b>March 2026</b>
<b>Phase</b>	<b>Base Preparation I</b>
<b>Key</b>	<p>Warm up = recommended warm up format &amp; time</p> <p>Session = main body of the workout</p> <p>Rest = rest, Rating SR = stroke rate instructions</p> <p>(') = minutes, (") = seconds</p> <p>(* ) = priority workouts of the week</p> <p>Notes = comments for the session</p> <p>Cool down = recommended cool down time</p>
<b>Reference</b>	<p>Small boats: single 1x, double 2x, and pair 2-</p> <p>Big boats: quad 4x, four with cox 4+, straight four 4-, and eight 8+</p>
<b>Cycle</b>	Daily training sessions repeated each week
<b>Short Intervals</b>	<p>Alternating firm and light strokes with increasing numbers of strokes through the repetitions.</p> <p>5/5; 10/10; 15/15, 20/20 three times. Two sets.</p> <p>Means 5 firm strokes followed by 5 light strokes three times. Then 10 firm and 10 light three times; then 15 firm, 15 light three times etc. 2 sets means do this whole series twice having taken rest in between the sets.</p>
<b>Power Strokes</b>	An equal number of firm and light strokes, alternating. Maximal effort on the firm strokes. Keep good form.
<b>Castles</b>	Castles are work pieces where you alternate between two stroke rates, switching up and down throughout.
<b>Pause Drills</b>	<p>Stop rowing at a pre-determined point in the stroke cycle. Use this to check posture and accuracy of the pause point. Pause at the quarter slide position. Row continuously for 3 strokes in between pauses. Agree beforehand how you will call the pause in crew boats. Video demonstration <a href="https://youtu.be/S3908HYMNes">https://youtu.be/S3908HYMNes</a></p>



<p><b>Day 1</b> <b>Monday</b></p>	<p><b>Off</b> - recovery day.</p> <p>When did you last wash your boat (with detergent) and check all the key rigging numbers (pitch, span/spread, oarlock height)? Ensure nothing has moved since you last ran a tape measure over it.</p>
<p><b>Day 2</b> <b>Tuesday*</b></p>	<p><b>Warm up</b>  <b>Water:</b> Do the pick drill as your warm up plus full slide rowing totalling 10 minutes.  <b>Indoor rower:</b> Do the pick drill as your warm up plus full slide rowing totalling 10 minutes.</p> <p><b>Session:</b> 3 x 12' castles with 2' changes.</p> <p>Rest: 4'</p> <p><b>Rating/Pace:</b> Alternate 2' at SR 20 and 2' at SR 22.        Indoor rower: Cat 6-5 pace,</p> <p><b>Notes:</b> Castles are an intense practice. Use the step down in rate to improve your intensity through the power phase. As your fitness builds through the month try to maintain the splits throughout.</p> <p><i>Training effect: Cat 6-5 (UT2-UT1).</i></p> <p><i>Do the full set of fitness tests early in the month. Use the Faster 5 Fitness Assessments in your learning portal.</i></p>
<p><b>Day 3</b> <b>Wednesday</b></p>	<p>Strength session. [refer to LND 03.26 strength training program].        And/or        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> After every 4 minutes take one minute to check your form. Focus on a long leg drive and delay your back swing. This will help you develop a longer stroke through the water.</p> <p><i>Training effect: Cat 6 (UT3-2).</i></p>



<p><b>Day 4</b> <b>Thursday*</b></p>	<p><b>Warm up</b>  <b>Water:</b> 10' @ SR 18 include 3 x 10 strokes at SR 20-24 in the warm up.  <b>Indoor rower:</b> 10' @ Cat 6 (UT2) pace include 3 x 10 strokes at SR 20-24 in the warm up.</p> <p><b>Session:</b> Short intervals - 5 times and 2 sets.          5/5; 10/10; 15/15; 20/20.</p> <p>Rest: 4'</p> <p><b>Rating/Pace:</b>          Big Boats SR 20          Small Boats SR 18          Indoor rower: Cat 6-5 (UT2-UT1) pace, SR 18.</p> <p><b>Notes:</b> When rowing light in the short intervals, let the rate drop down so you get good long rests. Try to start each set already on the stroke rate from the first stroke. You will need to build the pressure in the last two strokes of the rest to achieve this. See page 3 for a detailed explanation of short intervals.</p> <p><i>Training effect: Cat 6-5 (UT2-UT1)</i></p>
<p><b>Day 5</b> <b>Friday</b></p>	<p>Strength session [refer to LND 03.26 strength training program].          Or          Row</p> <p><b>Session:</b> 45'</p> <p><b>Rating/Pace:</b> SR 18          Indoor rower: Cat 6 pace, row at SR 18.</p> <p><b>Notes:</b> Continue working on a long leg drive in this practice. Focus for one minute in every 10 on exaggerating the legs and delaying the back swing.</p> <p><i>Training effect: Cat 6 (UT3 - UT2).</i></p>



<p><b>Day 6</b> <b>Saturday*</b></p>	<p><b>Warm up</b>  <b>Water:</b> 10' @ SR 18 including the pick drill.  <b>Indoor rower:</b> 10' @ Cat 6 (UT2) pace including the pick drill.</p> <p><b>Session:</b> 2 x 30'  Row 4' then do pause drills for 1'. Repeat.</p> <ul style="list-style-type: none"> <li>• Pause at the finish - blades touching the water</li> <li>• Pause at hands away</li> <li>• Pause at hands away and body rocked forward</li> <li>• Pause at quarter slide</li> </ul> <p>Rest: 4'  <b>Rating/Pace:</b> All boats SR 18.</p> <p><b>Notes:</b> Use this practice to ingrain your finish transition through to the recovery. Arms first (with a very still torso - leaning backwards). Then body rock before releasing the knees. Use the pauses to help you check the sequence and the static positions are correct. See page 3 for explanations of pauses.</p> <p>When pausing at the finish with blades on the water use this to check your handle height on your lower ribs - it's the same position you should be in just before extracting the oar from the water. Ensure your elbows are level or higher than your wrists.</p> <p><i>Training effect: Cat 6 (UT2)</i></p>
<p><b>Day 7</b> <b>Sunday</b></p>	<p><b>Warm up</b>  <b>Water:</b> 10' @ SR 18 including the pick drill.  <b>Indoor rower:</b> 10' @ Cat 6 pace including the pick drill.</p> <p><b>Session:</b> 3 x 15' and 3 x 1' of power strokes.</p> <p>Rest: 4'  <b>Rating/Pace:</b> SR 20.  Indoor rower: Cat 6 pace, row at SR 20.</p> <p><b>Notes:</b> Row 14' and then do one minute of power strokes. Take 4' rest after the power strokes. Power strokes row the hardest strokes you can do without losing form. See page 3 for explanations.</p> <p><i>Training effect: Cat 6 (UIT2) strength.</i></p>



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