

COVID-19 Training Suggestions for Club Rowers

Purpose:

The purpose of this document is to provide Row Nova Scotia members guidance in setting up a training regiment, if they have been separated from their club during the Nova Scotia State of Emergency during the COVID-19 pandemic.

Guiding Principles:

- 1) To maintain a rhythm and routine to your day during the period of isolation and confinement to your home and neighbourhood.
- 2) To use exercise to promote and maintain your physical and mental health during this stressful time.
- 3) To maintain a healthy immune function.
- 4) To help members remain connected to the rowing community and to help members feel fit and ready to return to their clubs when we “return to normal.”

General Statement:

The COVID-19 pandemic has changed the way we work, live our lives, and it has threatened our sense of security. Any of these changes alone can create a significant amount of stress, and the compounding effect can be very distressing. Maintaining a regular schedule and routine can be an important part of combatting “COVID Crisis” stress. Regular exercise can not only reduce stress and help calm your body, it can also boost your immune system.

It appears that an exercise load similar what you usually do (assuming you exercise regularly) is just about right for optimal immune function. Sudden cessation or increases in training load can harm your immune function. Despite having more free time at home it would not be advisable, from an immune system perspective, to add a lot of training volume or intensity to your routine, nor would it be advisable to stop training entirely. For more information please visit these articles:

<https://www.theglobeandmail.com/life/health-and-fitness/article-whats-the-best-way-to-exercise-to-maintain-a-strong-immune-system/> and <https://youtu.be/Si3D6flmXOI>

This suggested program assumes you have been training daily and are fit and ready to take on a basic training plan. The plan will not push you to your maximum effort, but will help you maintain your strength, aerobic and anaerobic systems. The intent is to help provide you with some structure to aid your overall wellness while separated from your club and a structured training environment. Please feel free to modify this plan as you need. You can add, change or delete details as you like. You can also do this virtually with a friend so you can maintain your social connections.

Social Connection:

Many people miss being around others and having teammates to train with. You may want to consider connecting with friends and teammates via video conferencing platforms like Zoom, Skype, FaceTime, or Google Hangout, to name a few options. Some rowers use these platforms to co-plan their training schedules, discuss their training weeks, or share times and splits with rowing friends. Some have used



sites like Facebook, Workplace, Padlet, or Blogger as an option to share work outs and results; creating a sense of accountability, competition and comradery to their daily training routines.

Suggested Daily Routine (for a 1 session/day for 6 days on, 1 day off cycle):

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
C6 Erg or Cross Training	Strength & Mobility	C5 Erg or Cross Training	Strength & Mobility	C6 Erg or Cross Training	C4 Erg or Cross Training	

Please fill in training durations similar to what you have been doing with your home club or on your own. Typically, a Category 6 (C6) session would last between 30'-120' of light to moderate exercise; a Category 5 (C5), session would be more intense (moderate to somewhat vinous) and last 30-60'. A Category 4 (C4) session would be considered quite hard and would last between 10-40' and can be broken up into work sets of 5-20', typically with ~4-5' rest between.

Some people may have access to a rowing ergometer, which is great, please do as many sessions erging as you like, however, you may want to mix in some cross training for variety. If your body is getting sore, especially your back, take a sometime away from the erg. If you don't access to an erg, or want/need a break try running, walking, cycling, roller blading, skipping, stair climbing, etc.

If you are feeling injured please contact a health care provider like a physiotherapist, chiropractor, or osteopath, etc.. You may also want to contact your coach and send a video of your erging for technical advice.

When setting up your ergometer, or home exercise area, please make sure it is free from tripping hazards, and that no objects will fall from shelves, racks or cases. It is also important that you insure the air quality in your exercise area is clean and safe.

Conclusion:

Row Nova Scotia hope this document will help your exercise planning, as you create a routine during the COVID-19 State of Emergency. We also hope rowing will be an important part Of your "return to normal" once the physical distancing orders are lifted.

Below is a more detailed explanation of the Categories of Intensity:

Category 6 (C6): training is aerobic activity, intended to build your aerobic fitness. This work is generally done for a duration of 45-120'. The intensity can be described a few ways, it's typically done at 65-75% of maximum heart rate (if you know your max HR), or at 50-65% of your 2K erg test wattage; if you don't know either of those values it's a pace where you could hold a slightly laboured conversation with a friend – who is 2m apart from you.

This work can be done on an erg, running, cycling, walking or any other form of aerobic cross training.

Category 5 (C5): training is aerobic activity, intended to build your aerobic utilization or conversion. This work is generally done for a duration of 45-60'. The intensity can be described a few ways, it's typically done at 75-85% of maximum heart rate (if you know your max HR), or at 65-80% of your 2K erg test wattage; if you don't know either of those values it's a pace where you could hold a broken conversation with a friend – who is 2m apart from you.

This work can be done on an erg, running, cycling, walking or any other form of aerobic cross training.

Category 4 (C4): training is anaerobic threshold training, or training at the point where the anaerobic energy system is making a greater contribution than the aerobic system. This work is designed to help you work harder for longer. It is often done for a duration of 10-40' for even up to 60' and is often broken into work sets of 10-20'. The intensity is typically done at 85-90% of maximum heart rate (if you know your max HR), or at 75%-85% of your 2K erg test wattage, better yet, this should be your 6K test pace; if you don't know either of those values it's a pace where you could speak 2-3 words at a time, but not more for 20'-30' of work.

This work can be done on an erg, running, cycling, or any other form of aerobic cross training. Hill running, biking or very aggressive power walking would be good options for this intensity.

Strength & Mobility Training: Accompanying this document is an at home strength training plan. It uses body weight exercises and weighted back packs. The exercises have links to videos for further explanation. If you haven't been doing strength training, or are not confident with the exercises offered, please refrain from doing them. Opt instead to stretch or do some core and other strength work that you are more familiar with.

Possible Activities by Categories:

Category 6 Activities:

- 30-90' continuous, if erging try rates between 18-22spm
- 30' @ 18-20spm, rest 2'; 20'@18-20spm; 10' @ 18-20spm
- 2-3x20' @ 18-22spm, rest 2' between sets
- 2-4x15' @ 18-20spm
- 3-6x10' @18-20spm
- There are many ways to break these time segments into more interesting intervals by changing stroke rates within the pieces, for example;
- Pyramids: 11' = 3'@18spm/ 2'@20spm/ 1'@22spm/ 2' @20spm/ 3' @18spm
Castles: Change stroke rates every 2', ex. 2'@18spm/ 2'@20spm/ 2'@18spm, 2'@20spm...

Category 5 Activities:

- 30-60' hard @18spm or 20spm
- 2-3x 15' or 20' @ 24spm



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- 1-3x19' Pyramid (4'@18/ 3'@20spm/ 2'@22spm/ 1'@24spm/ 2' @22spm/ 3' @20spm/ 4'@18spm), rest 3-5' b/t
- 2-5x 11' Pyramids (3'@20spm/ 2'@22spm/ 1'@24spm/ 2' @22spm/ 3' @20spm/ 4'@18spm), rest 3-5' b/t

Category 4 Activities:

- Time trials: 5-10Km time trials with rate controls (26-28spm) can be very effective,
- if you don't have an erg and don't know running or cycling distances see how far you can get in 20-40'. Record your landmark and try to beat that distance next week.
- Intervals like 2-4x10' (30" very hard (C3) with 30" light(C6)), with 4-5' rest between can be very good for anaerobic threshold work.
- Redline work can also be very effective and challenging, for example: 2-3x12' (alternating 2'@C4 pace/ 2' @C5 pace) – trying to hit a set pace like your 6K splits and then a split 5" slower than your 6K can be very effective

*Please see an additional document (attached for other ideas for rate play at different categories of intensity).