



## Training for Longer Distance Races

It's a funny thing that happens when we step in front of or sit down on a Concept2 machine. We start to move and if you are not careful, you will find yourself sprinting. Having the Performance Monitor right there in front of you very easily feels like a challenge that is impossible to back down from. We know that those numbers show us our capacity and so often we are compelled to raise the bar for ourselves. There is a time and place for that sort of effort, but really, that doesn't need to be our standard experience. We can get so much more value out of our training if we are able to ignore that obligation to max out.

We especially want to be mindful of how we are working our bodies when we have our eyes set on a race or event that we are training for that is of a longer duration. The goal should be to build the endurance and stamina within your body to withstand the challenges you will face inside your race. Whether your race involves running, rowing, skiing, swimming, biking, functional fitness alone or all in combination, it's very important to look at the overall duration of the race as you plan your training.

Your training plan should include a combination of workouts that increase both your endurance and your stamina. To build endurance you can focus on gradually building the amount of time you are spending with the movement(s). To build stamina you can focus on gradually building your ability to produce power for longer periods of time.

Some very common and effective workout strategies are as follows:

### **Steady State Workouts**

Your exercise intensity stays the same for the duration of your workout. The duration can increase over time as your endurance builds and your exercise intensity may have a chance to also increase as your capacity for work improves. (Example workout below: **Define your Priority**)

### **Interval Workouts**

Your exercise intensity alternates between periods of both high and low. The higher intensity periods typically reach an anaerobic state, or the edge of your stamina, but then are followed by the lower intensity for rest and recovery purposes. The length or duration of the periods of time both in the high and low intensity ranges can be consistent or varied within the workout. (Example workout below: **Over, Under and Up**)

### **Ladder Workouts**

Your exercise intensity builds or descends across one or more segments within your workout. Historically, a workout strategy realized in the strength training world where one or more movements are completed with rest or transition time between sets and the number of repetitions of the movement(s) increase or decrease as you progress through the workout. In this case, the duration and/or the intensity of the exercise has room to increase or decrease. (Example workout below: **Hold the Line**)

## Steady State Workout: Define Your Priority

[As The Flywheel Spins](#): Workout 97

### Warm-Up:

4 minutes easy

3 minutes moderate

2 minutes easy

1 minute very hard (take note of your average watts)

5 minutes REST

### Workout:

20 minute steady effort at target watts (Target =  $\frac{1}{2}$  your 1 minute average watts)

**Programming the Monitor:** Menu > Select Workout > New Workout > Intervals > Intervals: Variable

Interval 1: Work – 4:00, Rest – 0:00

Interval 2: Work – 3:00, Rest – 0:00

Interval 3: Work – 2:00, Rest – 0:00

Interval 4: Work – 1:00, Rest – 5:00

Interval 5: Work – 20:00, Rest – 5:00

Set Units to Watts

Set Display to one with a view of your average watts

**Advisor Notes:** *Ease into this warm-up. The first 9 minutes builds you up for a very powerful 1-minute effort. Give that 1-minute interval your all! You will get plenty of rest after that. Aim to start off the 4 minutes with a lower stroke rate, entry level intensity. Find a moderate intensity for the 3-minute interval and match that intensity with a stroke rate that feels comfortable. Bring the intensity back down for your 2-minute interval, along with that stroke rate. Just before the monitor switches over to the last 1-minute interval build up your intensity and stroke rate and jump right in with your full force. Note your average Watts for the 1-minute interval.*

*Rest 5 minutes with some light movement or complete rest.*

*Calculate half of the average watts from your 1-minute interval. This will be your target steady state goal for the start of your 20-minute workout. Hold your target goal for the first 10 minutes of the 20-minute interval. With 10 minutes to go, ask yourself if you feel comfortable pushing a little more. Ask yourself that same question with 5 minutes to go, with 2:30 seconds to go and finally with 45 seconds to go. Make sure you only*

*take a step up in your power if you know you can hold at least that for the remainder of the interval. Note your average Watts and total meters for the 20-minute interval.*

## **Interval Workout: Over, Under and Up**

### **Warm-Up:**

3 minutes easy

2 minutes moderate

1 minute easy

3 minutes moderate

2 minutes easy

1 minutes hard

**(Note your average watts after the warm-up)**

### **Workout:**

12 rounds of the following:

30 seconds 10 watts above target (average watts from warm-up)

30 seconds 10 watts below target

3 Minutes Rest

12 rounds of the following:

30 seconds 20 watts above target

30 seconds 10 watts below target

3 Minutes Rest

12 rounds of the following:

30 seconds 30 watts above target

30 seconds 10 watts below target

**Programming the Monitor:** Menu > Select Workout > New Workout > Intervals > Intervals: Time > Work Time:

12 Minutes Rest Time: 3 Minutes

Set Units to Watts

Set Display to the one that shows you your average watts

**Advisor Notes:** *Ease into this warm-up. The first 3 minutes focus on form, order of operations through your movement and finding your rhythm at a low stroke rate (22-24). The next 2 minutes you can add a little bit of intensity. Find a way to become stronger through your entire stroke. Keep your stroke rate between 22-24.*

*Focus on wide shoulders, a braced core and strong legs. Next up is a 1-minute recovery minute. This minute can be nice and easy before you head right back to that moderate intensity again, this time for 3 minutes. Move through the last intervals, the two minutes back off to an easy effort and finish with the final minute tapping back into your power. Take your 3-minute rest the way you need it. You have 3 additional 12-minute intervals of work. It is ok to come off your machine and give your body a chance to fully recover.*

*Note: Look at your average watts after your warm-up. This will be your target number for the remainder of your workout.*

*The next segments of the workout are formatted in the following way. You will complete 12 rounds each segment. Each round will be split into 30 seconds where you work harder than your average followed by 30 seconds where you work just below your average. Stick to the suggested targets. If you feel successful through the entire workout, you can set a more challenging average to work around the next time you complete this workout.*

## **Ladder Workout: Hold the Line**

### **Warm-Up (Practice Round):**

3 minutes easy  
1 minute moderately hard  
2 minutes moderate intensity

### **Workout:**

3 minutes easy  
1 minute hard  
2 minutes moderate intensity

Rest for up to 3 minutes, then ReRow (\*See below for instructions on using the “ReRow” function on the monitor)

3 minutes easy  
1 minute best your hard effort  
2 minute match your moderate effort

Rest for up to 3 minutes, then ReRow

3 Minutes Easy  
1 minute best your last hard effort  
2 minute match your moderate effort

Rest for up to 3 minutes, then ReRow

3 minutes Easy  
1 minute best your last hard effort  
2 minute match your moderate effort

**Programming the Monitor:**

For the warm-up - Menu > Select Workout > New Workout > Intervals > Intervals: Variable

Interval 1: Work – 3:00, Rest – 0:00

Interval 2: Work – 1:00, Rest – 0:00

Interval 3: Work – 2:00, Rest – 0:00

\*For all remaining rounds – Menu > Select Workout > ReRow > ReRow  
(This will allow you to race your previous effort)

Set Units to Watts

Set Display to show your Pace Boat

**Advisor Notes:** *Ease into this 6-minute warm up and consider it a practice run before you step into your workout. Take the first 3 minutes easy. Focus on form, order of operations through your movement and finding your rhythm at a low stroke rate (22-24). The next 1-minute segment is the “ladder” through the workout. Push significantly harder than the previous 3 minutes, but also give yourself some room to improve round after round. Stroke rate for the 1-minute effort can come up. The final 2 minutes will be held at a moderate intensity. Round after round, the intention will be to hold the same intensity for each of the 2-minute segments. Try keeping your stroke rate around 24 spm.*

*Rest ~2 minutes before resetting your monitor.*

*When you reset the monitor for all following rounds, your goal will be to row the first 3 minutes at an easy intensity with a stroke rate of 22-24. You should remain even with your pace boat. Next is the 1-minute effort. Here, you will want to beat the pace boat each time. Last comes the 2-minute effort which is another time where you will want to hold an intensity even with your pace boat. (THIS is where the work gets done!)*