

# ROWING LOG

## 5k a Day



### Video: How to Read Paces

#### Day 1

500m Warm-Up  
**5k Time Trial = 19:01** (1:54/500m Pace)  
500m Cooldown  
+  
1k in Warm-Up (pm)

#### Day 2

500m x 10 Sets  
-Starting at 5k TT Pace  
-Reduce by 1s each 500 (1:54 → 1:45)

#### Day 3

5x1000m @ 5k TT Pace -4s

#### Day 4

5k @ 5k TT Pace + 6s  
+  
1k Warm-Up (pm)

#### Day 5

5k @ 5k TT Pace + 6s

#### Day 6

3k @ 5k TT Pace +8s  
(Full Rest)  
2k @ 5k TT Pace +6s  
(Full Rest)  
1k @ 5k TT Pace +4s

#### Day 7

Dart Game (3k)  
+  
1k Warm-Up @ 5k TT Pace + 4s (pm)  
1k Cooldown @ 5k TT Pace + 12s (pm)

#### Day 8

Row 4k  
-1:00 @ 5k TT Pace -4s  
-1:00 @ 5k TT Pace +16s

(directly into)  
1500m @ 5k TT Pace +11s  
+  
500m Warm-Up @ 5k TT Pace + 5s (pm)

#### Day 9

2 x 2.5k @ 5k TT Pace + 11s  
-Rest 5:00 between Efforts

#### Day 10

5k @ 5k TT Pace + 4s

#### Day 11

5k @ 5k TT Pace +11s

#### Day 12

5k @ 5k TT Pace + 11s  
+  
500m @ 5k TT Pace + 4s (pm)

#### Day 13

2k @ 5k TT Pace +14s  
(Rest 2:00)  
2k @ 5k TT Pace + 8s  
(Rest 2:00)  
2k @ 5k TT Pace

#### Day 14

1x1000m @ 5k TT Pace + 6s  
4x250m @ 5k TT Pace  
+  
2k @ 5k TT Pace + 4s (pm)

#### Day 15

30:00, 7k @ 5k TT Pace + 12s

#### Day 16

REST

#### Day 17

Row 4K @ 5k TT Pace + 12s  
(Rest 4:00)

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## 5k a Day

# ZOAR

Row 2k @ 5k TT Pace + 8s  
(Rest 4:00)  
Row 1k @ 5k TT Pace + 4s  
(Rest 4:00)  
4x500m @ 5k TT Pace

### Day 18

5k @ 5k TT Pace + 12s

### Day 19

5k @ 5k TT Pace + 6s

### Day 20

2500m @ 5k TT Pace + 12s  
+  
2500m @ 5k TT Pace + 6s

### Day 21

5k @ 5k TT Pace + 6s

### Day 22

5k @ 5k TT Pace +6s  
+  
2 x 1250m @ 5k TT Pace + 6s (pm)

### Day 23

3x1k; Part of Warm-Up  
+  
2500m; Part of Met-Con  
+  
500m; Cooldown

### Day 24

5k Continuous; 1:59/500m Avg.  
-500m @ 1:54/500m  
-500m @ 2:04/500m

### Day 25

1k @2:00/500m  
+  
16 Sets  
-200m

-Rest 0:15  
+  
1k @2:05/500m

### Day 26

ZOAR Drag Factor Test  
5 x 3:00 | 3800m  
—Rest 0:40  
(Rest 5:00)  
5 x 0:30 | 600m  
—Rest 2:00  
Total including Warm-Up & Cooldown: 5500m

### Day 27

3k (part of warm-up)  
-Average pace was @5k TT Pace +5s  
+  
2k (part of Met-Con)  
-Average pace was @ 5k TT Pace

### Day 28

4 x 500m @ 5k TT -9s  
—Rest 2:00

### Day 29

REST

### Day 30

500m @ 5k TT pace + 4s  
+  
2x250m @5k TT pace -2s  
+  
**5k Time Trial = 18:29** (32s Improvement)  
\*\*1:51/500m Pace (3s Improvement)  
+  
2 Rounds  
-250m Row @ 5k TT Pace + 30s  
-Rest 0:30

Day 30 Total = 6.5k

**30 Day Total: 150k (5k a Day)**