

## STAGE 3 : ACHIEVING

**Organise and Plan:** Review progress, up to now and plan the next targets. Try to stick with 12 planned sessions on your Indoor Rower in these 30 days. Consolidate your efforts rather than trying to do too much.

**Exercise Control:** Control your sessions by extending the length of time you exercise for, or by increasing the effort you put in. Use the Concept 2 training guide to help you make sensible adjustments.

**Help Yourself:** Give yourself a pat on the back! Buy some new kit or treat yourself – you've done a great job! We've got loads of goodies on [www.concept2.co.uk](http://www.concept2.co.uk)

## STAGE 2 : PROGRESSING

**Organise and Plan:** Review how you've done in the first 30 days, and use the information to plan your targets for this month. Ideally, try to plan 12 rowing sessions this month to make sure you make positive progress.

**Exercise Control:** Check your Indoor Rower has everything around it you need for a great workout. For example, would it help having music to accompany your rows?

**Help Yourself:** Look at other lifestyle changes that might improve your health. For example, take a look at your food intake, smoking or drinking patterns.

## STAGE 1 : LEARNING

**Organise and Plan:** Try to plan 10 sessions in the first 30 days. This means planning 2 or 3 sessions per week. Use this chart to record your indoor rowing sessions, but also record when you carry out lifestyle activity.

**Exercise Control:** Experiment with different sessions on the Indoor Rower. Vary using distance and time targets in your sessions, and find out which kind of sessions give you the best sense of achievement.

**Help Yourself:** First, treat a session on your Indoor Rower like an appointment with yourself. Put this in the diary, and make it a priority appointment not to be missed. Get into the habit of keeping your exercise appointments!

FINISH DATE :

90

DAYS 1-90 COMPLETED! STAY UP, STAY ACTIVE BY GETTING YOUR PYRAMID FOR DAYS 91-180.

## DAYS 61 to 90 - FEEL PROUD!

**Your Behaviours:** Things will only get better! You have worked through the hard bit and have achieved some consistent, high quality training. You're on track for those 120 rowing sessions this year!

**Your Feelings:** You should now feel you can really produce good quality sessions. What an achievement! The secret now is to keep up the great work.

**Your Body:** You have established the foundation of Concept 2 fitness and your body should be really adapting well now. You may even start to miss your rows if you are unable to exercise for a few days!

## DAYS 31 to 60 - POSITIVE SIGNS

**Your Behaviours:** Your rowing should begin to feel like part of your weekly routine. You will start considering that you are an active person compared to most people.

**Your Feelings:** You'll be more confident now in what you can achieve. You'll know how to get the most out of the sessions and this will make it easier to stay active.

**Your Body:** You should begin to notice small changes in your physique and should certainly have more energy throughout the day. You'll be more powerful, and you'll recover quicker. Enjoy these positive signs.

## DAYS 1 to 30 - A FRESH START

**Your Behaviours:** These first 30 days are the most difficult of your exercising life! But if you manage 10 rowing sessions this month and stick with it, you will be on course to complete 120 sessions this year!

**Your Feelings:** When you first start exercising you may feel it's pretty hard work. Don't worry, it's going to get much easier, but don't let the hard work put you off.

**Your Body:** New activity may leave your muscles feeling a little achy, particularly the following morning. This is a good thing and should be expected. While you won't change shape or feel fitter, you can gradually expect to feel more energetic.

### KEY

Put a colour-coded sticker on your chart for each day to build up a record of your progress. On active days write on the sticker the distance or the number of minutes that you complete.

**INDOOR ROWER SESSION:** Any time you keep an appointment with yourself on the Indoor Rower, get the sticker on the chart.

**LIFESTYLE ACTIVITY:** When you are active in your day to day life, put the sticker on the chart. This may mean cycling to work, walking when you would normally drive, doing heavy gardening. All these count to building your fitness.

**NON-ACTIVE DAYS:** When you planned to ROW, but just couldn't! Either you felt tired, were too busy, whatever – this happens – let's just keep an eye out for how often.

**REST DAYS!** A planned day off from exercise. These days are just as important as the days when you are active!



START DATE :

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16