



Winter Training

Hello everyone,

I hope you have all enjoyed some downtime since our 2025 Royal St. John's Regatta!

As we prepare for the 2026 season, we would like to share details about the upcoming winter training program. Beginning in early January, we will be opening the East Coast Kia Boathouse, allowing crews to take full advantage of the available equipment. Our goal is to offer a program which allows for two training slots per week. As part of this program, all teams that register will also receive complimentary registration to the annual indoor erg championships (targeted for April 25th).

Program overview:

- **Duration:** January 5th to April 24th (Ending with the Indoor rowing championships).
- **Format:** Each team will have 2x 1-hour sessions per week
- **Location:** East Coast Kia Boathouse – First Floor Erg Room
- **Coaching:** If there is interest, we can look to offer a few coached sessions as well as erg workouts/basic programming.
- **Equipment:** 6x Concept2 rowing machines – all with the latest PM5 monitors & software; bathrooms and showers will be available.
- **IceMelt Indoor rowing championships:** All crews who register for the winter training program will have access to the event – free of charge.

Tentative Time slots (subject to staff availability):

- **Saturday:** 8-9am, 9-10am, 10-11am
- **Monday/Wednesday/Thursday:** 5:15-6:15pm, 6:15-7:15pm, 7:15-8:15pm

Cost:

- **\$800 per crew for 16 weeks (\$25 per session)**
- **We are aiming to keep costs as low as possible while also covering winter facility expenses. Based on our projections, we will require 6 teams to register to run the program.**
- **Crews must be paid by January 16, 2026 to maintain their spot.**

If you are interested (or even just curious), please reach out to Rowing@StJohnsregatta.com for further details on registration.

Looking forward to hearing from you and all the best in 2026!

Thank you,
Royal St. John's Regatta Committee.