

Anaerobic Rowing Threshold Training 1: 10 Minute Intervals, 5 Sets

Improve anaerobic threshold and pacing by striving to maintain the same meters or time on each set.

ROWER THRESHOLD TRAINING		
Tool	Matrix Rower	
Program Specific	Maintain effort at 80-90% Maintain stroke rate between 28-38 SPM	
Warm Up	Minimal effort for 5 minutes followed by 20 hard strokes, then 20 easy strokes Repeat once, followed by stretching back, hamstrings and quads	
Rest In Set	Rest intervals should equal row intervals	
Anaerobic Training Session 1	Threshold Building	5 Sets x 10 Minutes
INTERVAL BREAKDOWN		
5 minutes at a high pace, 5 minutes at a low pace for 5 sets		
Consider alternating with a partner		
Strive to achieve the same amount of meters on each set, pushing your limit		
Cool Down	10 minutes of minimal effort rowing followed by proper stretching (back, hamstrings, glutes and quads)	