

Anaerobic Rowing Threshold Training 3: Pace Builder – 2 x 10 Minutes

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 3	Threshold Builder	2 Sets x 10'
MINUTE BREAKDOWN: 4' 3' 2' 1' 7'		
STROKE RATE BREAKDOWN		
Strive to achieve the same distance on the 10-minute sections as on the 7-minute section by increasing SPM and effort.		
4 Minutes	@ 22 SPM	
3 Minutes	@ 24 SPM	
2 Minutes	@ 26 SPM	
1 Minute	@ 28 SPM	
7 Minutes	@ 26 SPM	
Cool Down	Finish with proper stretching (back, hamstrings, glutes, quads)	