

## Aerobic Rowing Training 1: Base Builder

Build cardiovascular endurance by focusing on a steady pace, good breathing, rhythm and technique.

AEROBIC ROWING TRAINING		
<b>Tool</b>	Matrix Rower	
<b>Program Specific</b>	Maintain effort at 70–80% Maintain stroke rate between 16–26 SPM	
<b>Warm Up: 5 Minutes</b>	Minimal effort, followed by stretching hamstrings and lower back	
<b>Rest In Set</b>	Rest intervals should not exceed the time it takes to stretch properly between sets	
<b>Aerobic Training Session 1</b>	<b>Base Builder</b>	<b>3 Sets x 15'</b>
MINUTE BREAKDOWN: 5' 4' 3' 2' 1'		
STROKE RATE BREAKDOWN		
As you increase your stroke rate, you should find it easier to increase your effort.		
<b>5 Minutes</b>	<b>@ 18 SPM</b>	
<b>4 Minutes</b>	<b>@ 20 SPM</b>	
<b>3 Minutes</b>	<b>@ 22 SPM</b>	
<b>2 Minutes</b>	<b>@ 24 SPM</b>	
<b>Last Minute</b>	<b>@ 26 SPM</b>	
<b>Cool Down</b>	Finish with proper stretching (back, hamstrings, glutes, quads)	