

## Aerobic Rowing Training 3: 10,000 Meter Challenge

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 3</b>	<b>10,000 Meter Challenge</b>	<b>10,000 Meters Total</b>
STROKE RATE BREAKDOWN		
Stroke rates can vary between 18–26, with a rest interval between each set to stretch.		
<b>4,000 Meters</b>	<b>@ 60% Effort: 18/20 SR</b>	
<b>3,000 Meters</b>	<b>@ 65% Effort: 20/22 SR</b>	
<b>2,000 Meters</b>	<b>@ 70% Effort: 22/24 SR</b>	
<b>1,000 Meters</b>	<b>@ 75% Effort: 24/26 SR</b>	
<b>Cool Down</b>	Finish with proper stretching (back, hamstrings, glutes, quads)	