

Performance Rowing Training 2: 500-Meter Intervals

Condition for competition by accustoming the body to maximum effort and pace.
The duration of the workout will depend on individual ability.

PERFORMANCE ROWING TRAINING		
Tool	Matrix Rower	
Program Specific	Maintain effort at 90-100% Maintain stroke rate at 34 SPM or above	
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	
Performance Training Session 2	Maximum Effort	6 Sets x 500 Meters / 2' (2 RDS)
INTERVAL BREAKDOWN		
Maximum effort for 500 meters, then recover for 2 minutes		
Complete 6 sets, then row with minimal effort for 5 minutes		
Repeat above		
Cool Down	10 minutes of minimal effort rowing followed by proper stretching (back, hamstrings, glutes, quads)	