

## Performance Rowing Training 4: 1:1 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		
<b>Tool</b>	Matrix Rower	
<b>Program Specific</b>	Maintain effort at 90–100% Maintain stroke rate at 34 SPM or above	
<b>Warm Up</b>	Minimal effort for 5 minutes followed by 20 hard strokes, then 20 easy strokes Repeat once, followed by stretching back, hamstrings and quads	
<b>Rest In Set</b>	Rest intervals should equal row intervals	
<b>Performance Training Session 4</b>	<b>Maximum Effort</b>	<b>1:30 Min / 1:30 Min Intervals x 2–3 RDS</b>
INTERVAL BREAKDOWN		
<b>Row 3 minutes @24–26 SPM: alternate 1:30 minute maximum effort, 1:30 minute minimal effort</b>		
<b>Row 3 minutes @26–28 SPM: alternate 1:30 minute maximum effort, 1:30 minute minimal effort</b>		
<b>Row 3 minutes @28–30 SPM: alternate 1:30 minute maximum effort, 1:30 minute minimal effort</b>		
<b>Row 3 minutes @26–28 SPM: alternate 1:30 minute maximum effort, 1:30 minute minimal effort</b>		
<b>Row 3 minutes @24–26 SPM: alternate 1:30 minute maximum effort, 1:30 minute minimal effort</b>		
<b>Repeat above 2–3 times</b>		
<b>Cool Down</b>	10 minutes of minimal effort rowing followed by proper stretching (back, hamstrings, glutes, quads)	