



2000 meter Pieces

(for intermediate and advanced rowers)

WARM UP – 10 up to 15 minutes

Begin with the [Slide Drill](#) - 10 strokes arms only, 10 strokes arms and body only rowing, 10 strokes half slide, full slide steady state rowing.

Pause at [Check Point 1](#) every stroke, hold the Release position for a fraction of time and [check form](#). Repeat 3x

Pause at [Check Point 2](#) every stroke, hold the Release position for a fraction of time and [check form](#). Repeat 3x

Continue with light steady state rowing.

2 x 10 strokes pushing the legs firm

2 x 10 [stroke builds](#)

MAIN WORKOUT – 2000 meters x 2

Set the monitor to count down 2000 meters so you can record the time.

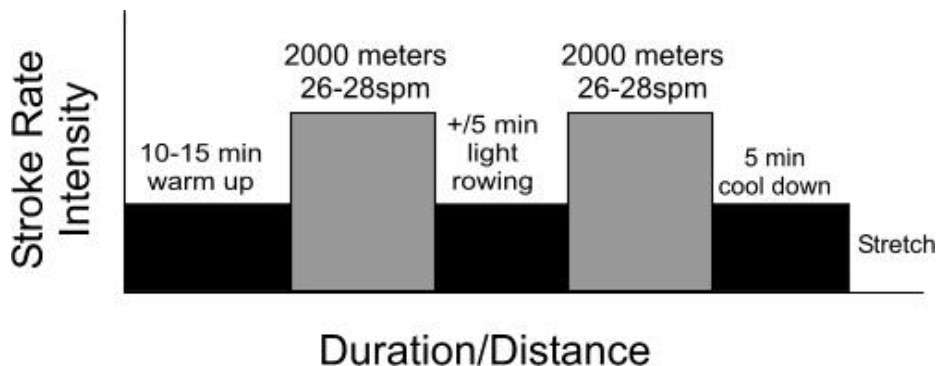
2000 meters steady rowing at 65-75% intensity around 26-28spm

Record time taken to complete.

Light rowing for +/- 5 minutes, can include underhand grip rowing

2000 meters steady rowing at 65-75% intensity around 26-28spm

Record time taken to complete - try to better your first time.



COOL DOWN

Light rowing – eyes closed rowing and focus on the breathing

[Stretch](#) - 5 minutes

The information given above and in the relevant pages is not intended to be a substitute for medical advice. WaterRower accepts no responsibility for any injury caused by the information presented here. Please consult a physician before starting an exercise program.