



3 Minute Intervals 2

(for intermediate and advanced rowers)

Warm Up – 10 -15 minutes

Begin with the Slide Drill and continue rowing lightly for up to 5 minutes.

Row 2 half slide strokes then 1 full slide stroke and repeat for 1 minute.

Last 4 minutes - include 3 x 10 stroke build, building up the stroke rate & intensity to plus 30spm

Focus Points - 2x 5 strokes focusing on posture

Main Workout - 3 minute Intervals - repeat 3-5x

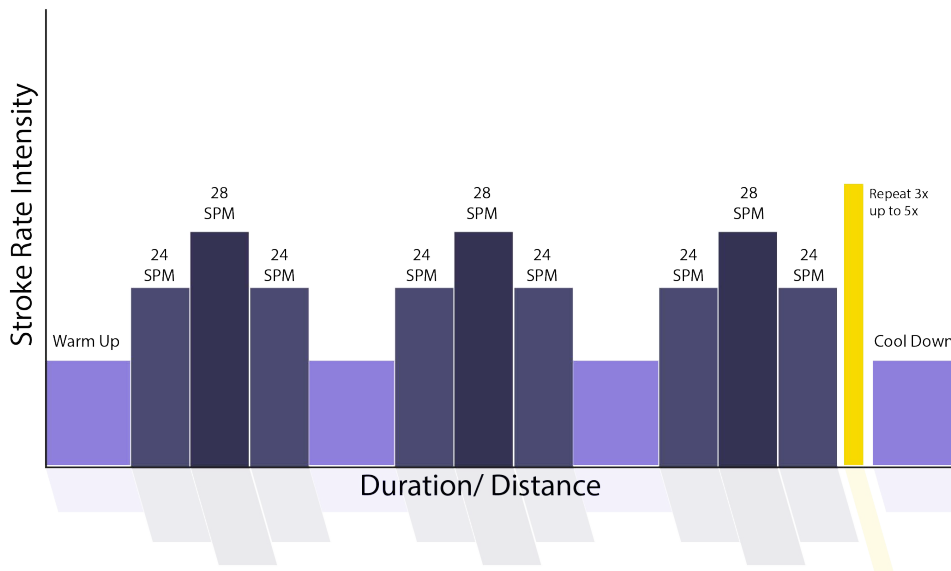
3 minutes divided into 3 x 1 minute pieces

1 minute at 24spm at 60-70% intensity – focusing long and strong rowing strokes

1 minute at 28spm at 70-80% intensity – focusing on getting the heart rate up

1 minutes at 24spm at 60-70% intensity – focusing long and strong rowing strokes

Repeat 3 up to 5x



Cool Down - 5 minutes

Light rowing – practicing relaxing the body on the Recovery forwards

Stop at [Check Point 1](#), the Release Position, every stroke, hold position for 5 up to 10 seconds

focusing on strong abdominals (leaning back to just past the vertical, be careful not to lean back too

far). [Stretch](#)

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.