



## 3 Minute Intervals 2

(for intermediate and advanced rowers)

### **Warm Up – 10 -15 minutes**

Begin with light rowing at 20-22spm.

Focus Points - 2x 5 strokes focusing on posture

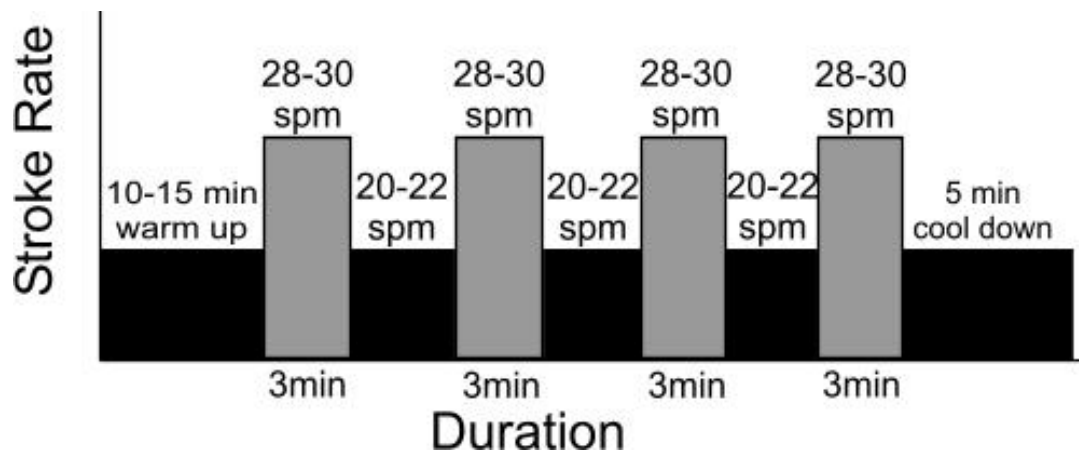
- 2x 5 strokes focusing on long reach – spread shoulder blades apart & squeeze them together on the Release.

2 half slide, 1 full slide (quicken the half slide strokes slow the full slide)

Last 3-5 minutes - include 3 x 10 stroke build, building up the stroke rate & intensity to plus 30spm

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

3 minutes high aerobic rowing (intensity 75-85%) at 28-30spm.



1-2 minutes of light recovery rowing

Repeat 3 to 5 x

### **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.