



3 Minute Intervals

(for intermediate to advanced rowers)

Warm Up - 10 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

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 with stop at [Check Point 1](#), the Release Position, every stroke, hold position for 5 up to 10 seconds focusing on strong abdominals and posture.

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.