



3 Minute Intervals

(for intermediate and advanced rowers)

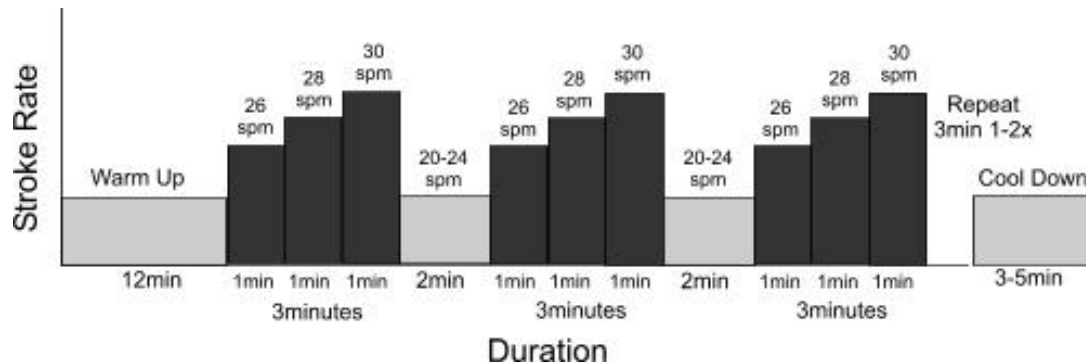
Warm Up - 12 minutes

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 2 minutes.

Last 3 minutes - include 3 x 10 stroke build, building up the stroke rate & intensity to plus 30spm on the minute. End the warm up with 2 minutes or [Steady State rowing](#) around 22-24spm.

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



3 minutes divided into 3 x 1 minute pieces

1 minute at 26spm at 60-70% intensity – focusing long and strong rowing strokes

1 minute at 28spm at 70-80% intensity – focusing on push the legs just a little harder

1 minutes at 30spm at 80-90% intensity – focusing sitting strong and maintaining speed

Light rowing for 2 minutes for recovery.

Repeat the 3 minutes 3 up to 5x

Cool Down - 5 minutes

Light rowing for 5 minutes, Practice pausing at [Check Point 1](#), the Release Position. Ensure your body position is strong and relax the shoulders.

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.