

# **4 Minute Distance Pieces**

(for intermediate to advanced rowers)

### Warm Up - 10 - 15 minutes

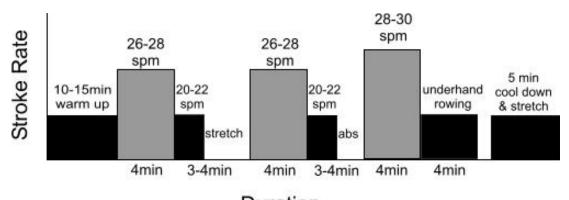
Begin with the Slide Drill and continue rowing lightly for up to 5 minutes.

Row 2 half slide strokes (bending knees half way) then 1 full slide stroke and repeat for 1 minute.

Last 4 minutes - 1 minute at 26spm, 1 min light easy rowing, 1 min at 28spm end warm up with 1 minute of light easy rowing.

## Main Workout - 3-5x 4 minute Intervals - Record Distance

Set monitor to count down 4 minutes (on S4 monitor - press workout program button x2, scroll to 4:00.0 and press ok button)



# Duration

WORK - 4 minutes around stroke rate 28spm - try to get as close to 1000 meters as you can. Log your distance.

REST - Light rowing for about 1-2 minutes and a sip of water.

Repeat the above 3 up to 5x. Try to equal or better the distance achieved.

### Cool Down - 5 minutes

Light rowing. For the last minute pause at Check point 1, the Release position every stroke, focus on timing the legs straight and handle to chest at the same time.

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.