



## 4 Minute Distance Pieces

(for intermediate to advanced rowers)

### **Warm Up – 10 - 15 minutes**

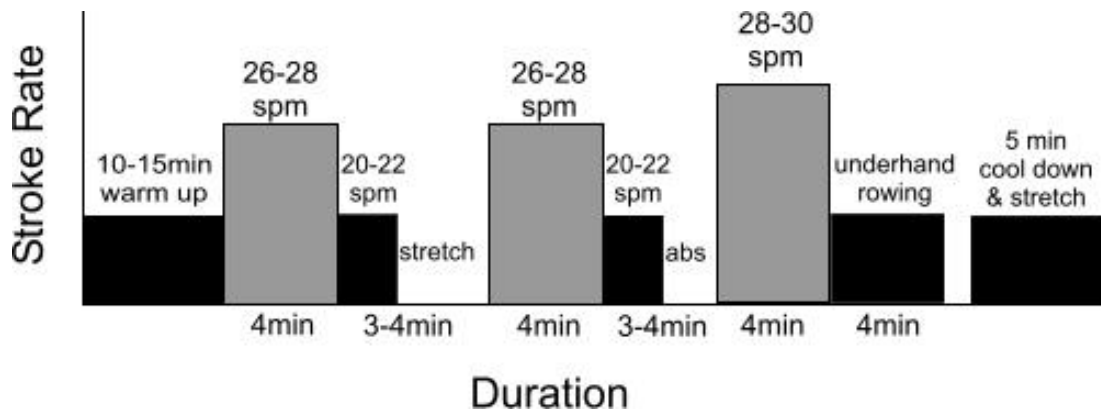
Begin with the [Slide Drill](#) and continue rowing lightly for up to 5 minutes.

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)



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](#)