

December

- Sunday Funday
- Distance Interval
- HIIT Time Interval
- HIIT Distance Interval
- Time Interval
- Check-In
- Pyramid

SATURDAY

completed

Beginner: Row 2k
Intermediate: Row 5k
Advance: Row 10k

Distance/Time rowed:

SUNDAY

completed

Row to one 30 minute episode of your favorite show

MONDAY

completed

10:00 Row
:30 on / :30 off*

*Off = Light paddle

TUESDAY

completed

5 x 5:00
Choose your own rest time

WEDNESDAY

completed

Set your clock for 30:00
5:00 @ 20 2:00 @ 26
4:00 @ 22 3:00 @ 24
3:00 @ 24 4:00 @ 22
2:00 @ 26 5:00 @ 20
1:00 @ 28 1:00 Cool down

THURSDAY

completed

1k x 3
1:30 Rest

FRIDAY

completed

3000m
Row 250m @ full pressure /
Row 250m @ light pressure

Beginner: Row 2k
Intermediate: Row 5k
Advance: Row 10k

Distance/Time rowed:

completed

Row to your 5 favorite workout songs

completed

15:00 Row
:30 on / :30 off*

*Off = Light paddle

completed

6 x 6:00
Choose your own rest time

completed

Set your clock for 30:00
5:00 @ 22 2:00 @ 28
4:00 @ 24 3:00 @ 26
3:00 @ 26 4:00 @ 24
2:00 @ 28 5:00 @ 22
1:00 @ 30 1:00 Cool down

completed

1k x 4
1:30 Rest

completed

4000m
Row 400m @ full pressure /
Row 100m @ light pressure

Beginner: Row 2k
Intermediate: Row 5k
Advance: Row 10k

Distance/Time rowed:

completed

Row to 1-2 30 minute episodes of your favorite show

completed

20:00 Row
:30 on / :30 off*

*Off = Light paddle

completed

7 x 7:00
Choose your own rest time

completed

Set your clock for 30:00
5:00 @ 24 2:00 @ 30
4:00 @ 26 3:00 @ 28
3:00 @ 28 4:00 @ 26
2:00 @ 30 5:00 @ 24
1:00 @ 32 1:00 Cool down

completed

1k x 5
1:30 Rest

completed

5000m
Row 400m @ full pressure /
Row 100m @ light pressure

Beginner: Row 2k
Intermediate: Row 5k
Advance: Row 10k

Distance/Time rowed:

completed

Row to your 8 favorite workout songs

completed

25:00 Row
:30 on / :30 off*

*Off = Light paddle

completed

8 x 8:00
Choose your own rest time

completed

Set your clock for 30:00
5:00 @ 24 2:00 @ 30
4:00 @ 26 3:00 @ 28
3:00 @ 28 4:00 @ 26
2:00 @ 30 5:00 @ 24
1:00 @ 32 1:00 Cool down

completed

1k x 6
1:30 Rest

completed

6000m
Row 400m @ full pressure /
Row 100m @ light pressure

Beginner: Row 2k
Intermediate: Row 5k
Advance: Row 10k

Distance/Time rowed:

completed

Row to your favorite 1 hour show

completed

30:00 Row
:30 on / :30 off*

*Off = Light paddle