



1000 meter pieces Workout

(for intermediate to advanced rowers)

Warm Up - approx. 10 minutes

Begin with [slide drill](#) - approx. 30 seconds on each [arms only](#), [arms & body only rowing](#), half slide rowing and then into full slide rowing for 1 minute or so.

Stop at [Check Point 1](#) every stroke to check your body position - repeat 5x

Full slide light rowing for 1 minute or so

Stop at [Check Point 2](#) every stroke to check your body position

Full slide light rowing for 1 minute or so

2 x 10 stroke push building stroke rate to 28-30spm - light rowing for 10 strokes & sip of water

Main Workout - 1000 meter pieces - repeat 3x

Begin main workout with a 4 minute piece -

- 1 minute long & strong rowing at stroke rate 24-26spm at 60-70% intensity
- 1 minute light & bright (shorten your stroke & sit tall) at stroke rate 26-28spm at 60-70% intensity
- 1 minute long & strong rowing at stroke rate 24-26spm at 60-70% intensity
- 1 minute light & bright (shorten your stroke & sit tall) at stroke rate 26-28spm at 60-70% intensity

Light easy rowing – sip of water

1000 meters at easy pace (intensity around 60-70%) record time taken to complete - times can vary from 3min 30sec minutes to 5min 30sec (depending on fitness & ability). You can set the S4 monitor for a distance workout, see the [manual](#).

Light easy rowing – sip of water

1000 meters at medium pace (intensity around 70-80%) , record time

Light easy rowing – sip of water

1000 meters at hard pace (intensity around 80-90%) , record time

Light easy rowing – sip of water

Cool Down - 5 minutes

Light rowing - practice the [Slow Slide drill](#).

Close your eyes are row lightly and easily listening to the sound of the water.

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.