



100 meters On & Off Workout

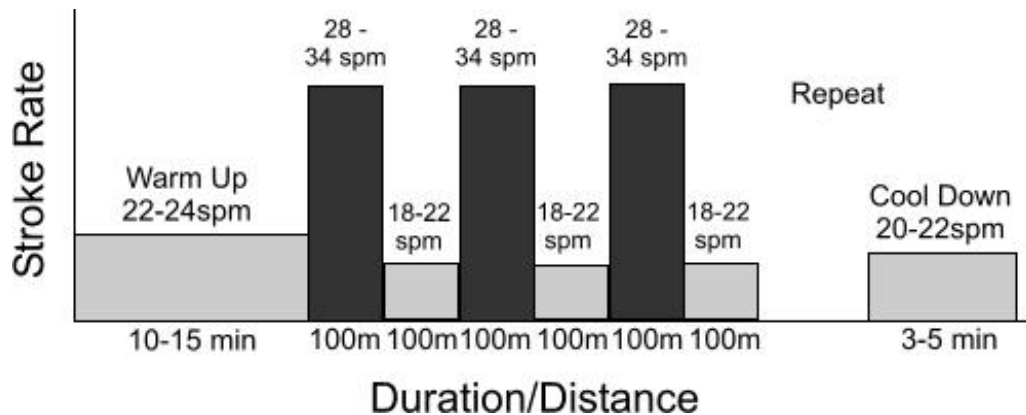
(for beginners, intermediate and advanced rowers)

Warm Up - approx. 10 up to 15 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 5 minutes at an easy intensity of less than 60% of your maximum heart rate and at a stroke rate range of 20-24spm.

Towards the end of your workout include 2 or 3 x 10 stroke push, build your intensity and stroke rate to 28-30spm over 10 strokes. End the warm up with light rowing for 10 strokes & sip of water (optional to include stretching).

Main Workout - 100 meters On / 100 meters Off



Beginners - Row 100m On - medium/high intensity at 70-80% intensity - stroke rate 28-32spm
- Row 100m Off – easy intensity at 20-40% intensity - stroke rate 18-22spm
- Repeat x5. Row for a total of 1000 meters.

Intermediate - Row 100m On - medium/high intensity at 80-85% intensity - stroke rate 30-34spm
- Row 100m Off – easy intensity at 20-40% intensity - stroke rate 18-22spm
- Repeat x10. Row for a total of 2000 meters.

Advanced - Row 100m On - high intensity at 80-90% intensity - stroke rate 30-34spm
- Row 100m Off – easy intensity at 20-40% intensity - stroke rate 18-22spm
- Repeat x10. Total of 2000 meters. Row lightly for 1 -2 minutes and repeat 100m On/ 100m Off x 10. Therefore the total distance of the main workout is +/- 5000 meters.

Cool Down – 3-5 minutes

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