



10-20-30 Stroke Pyramid

(for beginners, intermediate and advanced rowers)

Warm Up - 10 minutes of technical and [Steady State rowing](#).

Begin with light easy rowing at 20-22spm, focus on the sequence for arms- body - legs on the [Recovery phase](#) and then the sequence of legs-body-arms on the [Drive phase](#).

Work on Ratio and Rhythm – that is taking twice as long to slide forwards up the slide on the [Recovery phase](#) as compared to the [Drive phase](#).

Row 2 strokes at half slide and 1 stroke at full slide, focus on slowing down and lengthening the full slide stroke. Repeat for 1 minute.

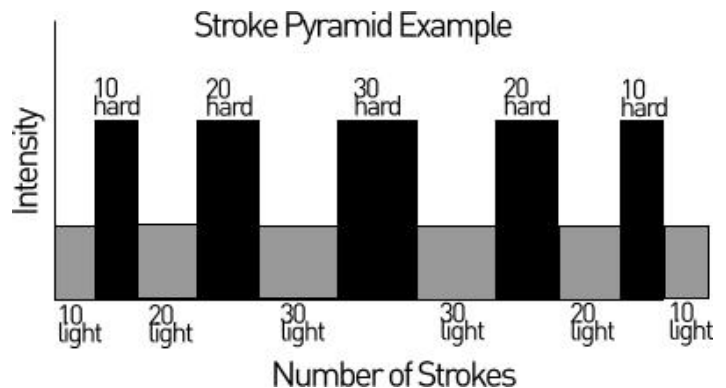
End the warm up with 2 x 10 [Stroke build](#) - increasing intensity and stroke rate every stroke

At the end of your warm up have a break - could be a stretch, or standing up for a little bit off the WaterRower and/or sip of water.

Main Workout – 10-20-30-20-10 Stroke Pyramid

Full Slide Rowing (Full Pyramid)

10 strokes hard (max. power), 10 strokes light
20 strokes hard (max. power), 20 strokes light
30 strokes hard (max. power), 30 strokes light
20 strokes hard (max. power), 20 strokes light
10 strokes hard (max. power), 10 strokes light



Rest / Recovery light rowing for 1 minute.

Repeat 1-2x for beginners, 3-4x for intermediate and 5-8x for advanced rowers.

Arms and Body Only Rowing (Half Pyramid)

10 strokes hard (max. power) arms & body only rowing, 10 strokes light full slide rowing
20 strokes hard (max. power) arms & body only rowing, 20 strokes light full slide rowing
30 strokes hard (max. power) arms & body only rowing, 30 strokes light full slide rowing

Cool Down - 3-5 minutes of light easy rowing (can include underhand rowing) End with the [Slide drill](#).

[Stretch](#) - 5 minutes

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.