



11 Minute Stroke Rate Pyramid

(for beginners, intermediate to advanced rowers)

Warm Up - approx. 5- 10 minutes

Begin with 2- 5 minutes of light easy rowing at 20-24spm at 45-50% effort

Count 10 strokes pushing firmer with the legs & continue to row at an easy intensity

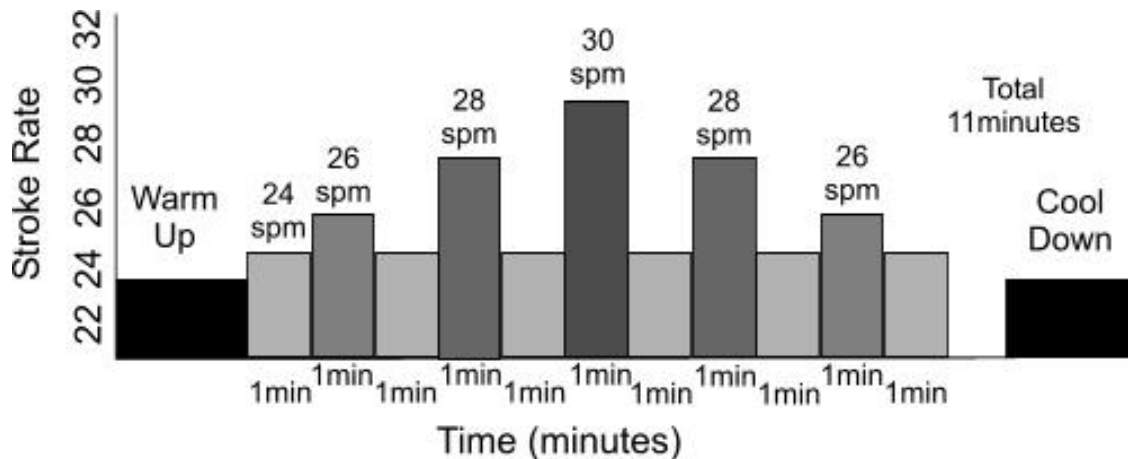
Count 10 strokes sitting tall with a strong core & continue to row at an easy intensity

Count 10 strokes accelerating the handle into the body & continue to row at an easy intensity

Continue with light rowing at an easy intensity.

End warm up with 10 stroke build/ 10 strokes hold. Build intensity & stroke rate to 28-30spm and hold for 10 strokes. Repeat (optional). Stretch (optional). Have a sip of water.

Main Workout – 11 minute stroke rate pyramid



11 minutes divided into:

- 1 minute at 24spm easy intensity / 1 minute at 26spm medium intensity
- 1 minute at 24spm easy intensity / 1 minute at 28spm medium/hard intensity
- 1 minute at 24spm easy intensity / 1 minute at 30spm hard intensity
- 1 minute at 24spm easy intensity / 1 minute at 28spm medium/hard intensity
- 1 minute at 24spm easy intensity / 1 minute at 26spm medium intensity
- 1 minute at 24spm easy intensity

(Repeat 2x for intermediate rowers and 3x for advanced rowers)

Cool Down – 2-5 minutes

Light rowing – practicing [ratio & rhythm](#). End with the [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.