



18 Minute Castles

(For Intermediate to Advanced rowers)

Warm Up - approx. 5- 10 minutes

Begin with [Slide Drill](#). Focus on sitting tall with a strong core and relaxed shoulders.

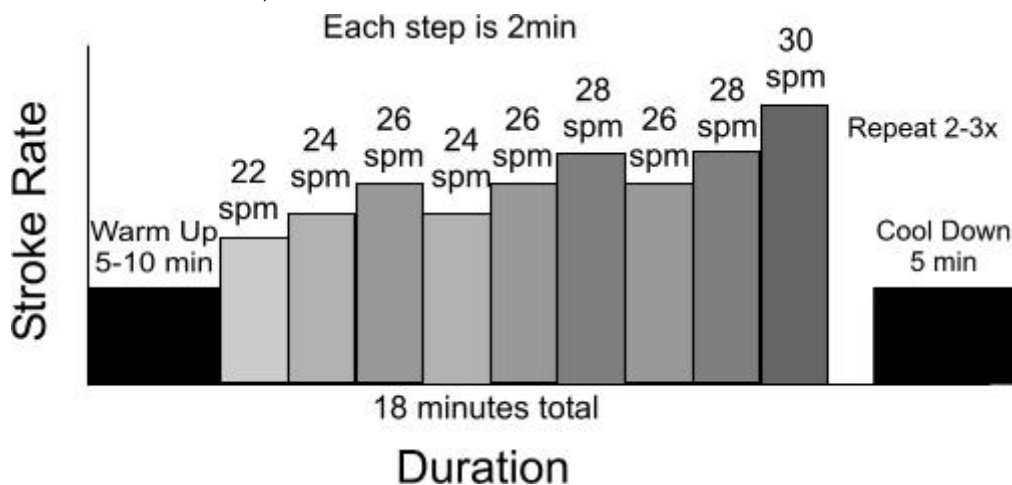
Row lightly for 5 up to 10 minutes, the last 2 minutes count 10 strokes building the stroke rate to 30spm.

Row lightly for 10 strokes and repeat the 10 stroke build to end the warm up.

(Stretching optional after warming up)

Main Workout - 18 minute Castle Workout

(Repeat the above for Advanced rowers)



18 minutes divided up into 2 minute steps with varying stroke rate.

- 2 minutes stroke rate 22spm, intensity 60%
- 2 minutes stroke rate 24spm, intensity 65%
- 2 minutes stroke rate 26spm, intensity 70%
- 2 minutes stroke rate 24spm, intensity 65%
- 2 minutes stroke rate 26spm, intensity 70%
- 2 minutes stroke rate 28spm, intensity 75%
- 2 minutes stroke rate 26spm, intensity 70%
- 2 minutes stroke rate 28spm, intensity 75%
- 2 minutes stroke rate 30spm, intensity 80%

Advanced Rowers - row lightly for 2 up to 5 minutes and repeat the 18 minutes.

Cool Down - 5 minutes

Light rowing for 3 up to 5 minutes – focusing on passing through [Position 1 – The Release Position](#) every stroke.

[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.