



## **30 Seconds Light & Hard Rowing Workout**

(for intermediate to advanced rowers)

### **Warm Up - approx. 5-8 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 2 minutes.

Stop at [Check Point 2](#) every stroke to check your body position - repeat 5x

Full slide light rowing for 1 minute or so.

1x 10 strokes focusing on pushing the legs

1 x 10 strokes focusing on reaching and rowing with a long stroke

1 x 10 stroke build to plus 30spm. End with a few strokes of light rowing & sip of water.

### **Main Workout – 5 minutes of 30 seconds light and 30 seconds hard rowing**

- light rowing = intensity between 40-50% of your maximum heart rate & stroke rates between 18-22spm

- hard rowing = intensity between 80-90% % of your maximum heart rate & stroke rates between 28-34spm

**1<sup>st</sup> 5 minutes** – [Slide Drill](#) - Full side - 30 secs light/ 30 secs hard

Half Slide - 30 secs light/ 30 secs hard

Arms & Body Only Rowing - 30 secs light/ 30 secs hard

Half Slide - 30 secs light/ 30 secs hard

Full Slide - 30 secs light/ 30 secs hard

**Break** - light rowing & sip of water

**2<sup>nd</sup> 5 minutes** - Steady State rowing at 24-26spm, every minute on the minute focus on 30 seconds long & strong (hard) rowing with 30 seconds light rowing.

**Break** - light rowing & sip of water

**3<sup>rd</sup> 5 minutes** - Underhand rowing repeat the Slide Drill as in the 1<sup>st</sup> 5 minute piece.

**Break** - light rowing & sip of water (option to cool down or continue on with another 5 minute piece)

**4<sup>th</sup> 5 minutes** – 30 seconds hard rowing +30spm, 30 seconds light rowing - -repeat 5x

### **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.