



4 Minute Recording Distance Pieces

(for intermediate to advanced rowers)

Warm Up – 10 - 15 minutes

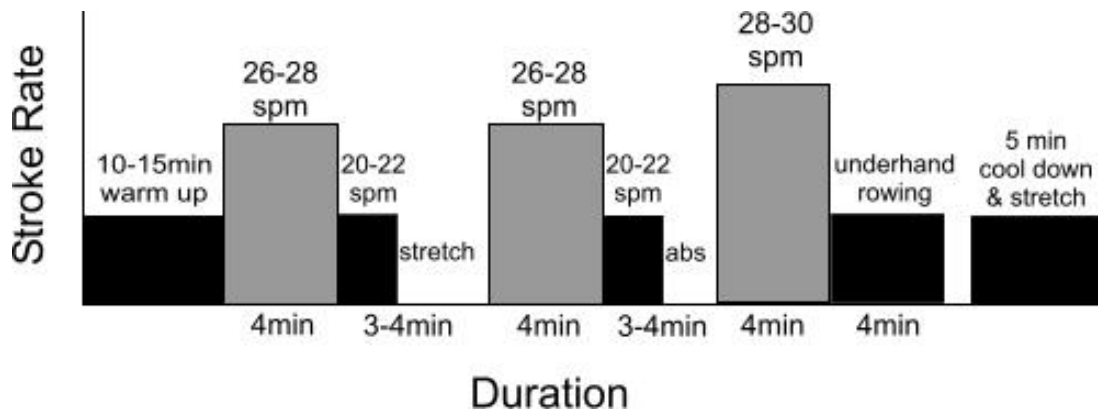
Begin with the [Slide Drill](#) and continue rowing lightly for up to 5 minutes.

Row 2 half slide strokes then 1 full slide stroke and repeat for 1 minute.

Last 4 minutes - include 1 minute at 26spm, 1 min light easy rowing, 1 min at 28spm end warm up with 1 minute of light easy rowing.

Main Workout - 3x 4 minute Intervals recording distance pieces

Set monitor to count down 4 minutes (on S4 monitor - press workout program button x2, scroll to 4:00.0 and press ok button)



- 4 minutes at stroke rate 26-28spm – try to get as close to 1000 meters as you can. Log your distance.

Light rowing for about 1 minute and a sip of water with some stretching for no longer than 3 minutes.

- 4 minutes at stroke rate 26-28spm – log your distance (try to better the distance from the 1st 4 minute piece)

Light rowing for about 1 minute after and a sip of water with some abdominal exercises for no longer than 3 minutes

- 4 minutes at stroke rate 28-30spm – try to achieve your best distance. Record your distance to compare for the next time you complete this session.

1 minute light rowing to recover & sip of water

- 4 minutes of Underhand Rowing

1 minute full slide/ 1 minute arms & body/ 1 minute full slide/ 1 minute arms & body

Cool Down - 5 minutes

Light rowing with stop at [Check Point 1](#), the Release Position, every stroke, hold position for 5 up to 10 seconds focusing on strong abdominals and posture.

[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.