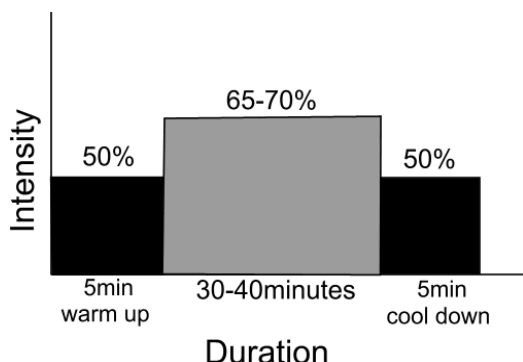




Advanced WorkOuts

STEADY STATE TRAINING



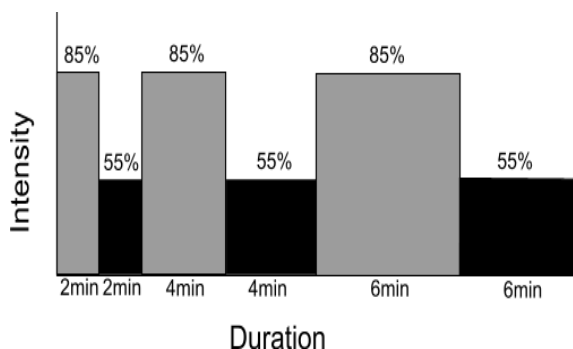
“Steady State” Training Example

Warm Up: 5-10 minutes light rowing

Main Set: 30-40 minutes @65-70% intensity, consistent stroke rate 22-24spm (stroke per minutes)

Cool Down: 5 minutes light rowing and 5 minutes stretch

INTERVAL TRAINING



“High/Low Intensity” Training Example

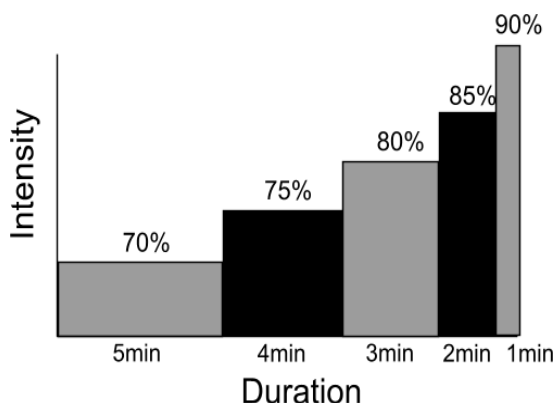
Warm Up: 5-10 minutes light rowing

Main Set: 20 minutes interval

- 2min @85% 26-28spm
- 2min @ 55% 22-24spm
- 4min @ 85% 26-28spm
- 4min @ 55% 22-24spm
- 6min @ 85% 26-28spm
- 6min @ 55% 22-24spm

Cool Down: 5-10 minutes light rowing and 5-10 minutes stretch

PYRAMID TRAINING



“Build Up to Peak” Training Example

Warm Up: 5-10 minutes light rowing

Main Set: 15 minutes Pyramid

- 5min @70% 22spm
- 4min @75% 24spm
- 3min @80% 26spm
- 2min @85% 28spm
- 1min @90% 30spm

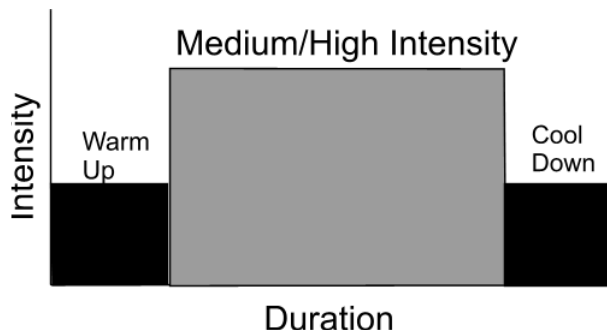
Cool Down: 5 minutes light rowing and 5-10 minutes stretch

WaterRower



Advanced Workout Examples (cont.)

PLATFORM TRAINING



“Platform” Training Example

Warm Up: 2000 meters of light rowing

Main Set: 5000-8000 meters of consistent rowing
@70-75% medium intensity, stroke rates between
24-28spm (strokes per minute)

Cool Down: 500 meters light rowing & 5-10 minutes of
stretching

WaterRower

Europe: 25 Acton Park Estate, The Vale, London, W3 7QE, Tel: 44 20 8749 8400 Fax: 44 20 8749 8600
Internet: www.waterrower.co.uk, email: support@waterrower.co.uk
America: 560 Metacom Avenue, Warren, RI 02885, Tel: 1 401 247 7742, Fax: 1 401 247 7743
Internet: www.waterrower.com, email: support@waterrower.com