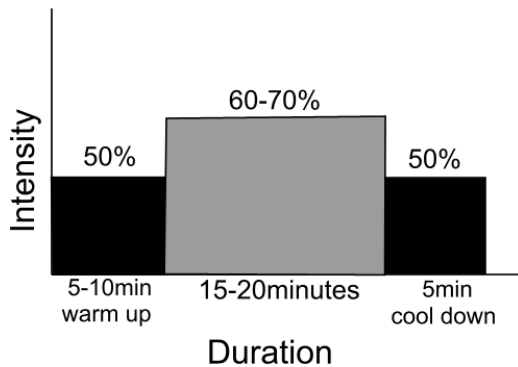




Intermediate Workouts

STEADY STATE TRAINING



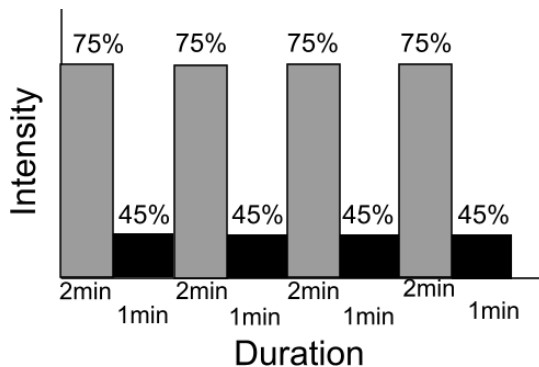
“Steady State” Training Example

Warm Up: 5-10 minutes light rowing

Main Set 15-20 minutes @60-70% intensity, consistent stroke rate 22-24spm (strokes per minute)

Cool Down: 5 minutes light rowing with 10 minutes stretching

INTERVAL TRAINING



“High/Low Intensity” Training Example

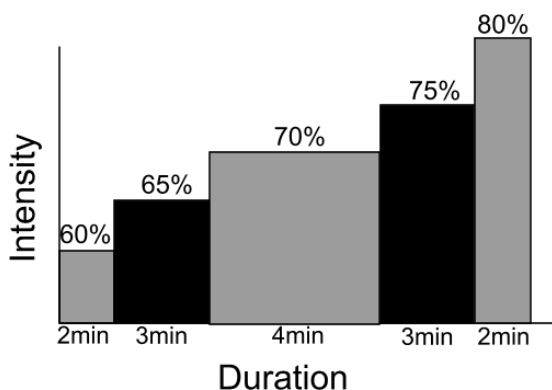
Warm Up: 5-10 minutes light rowing

Main Set: 8 minutes interval

- 2min @75% 26-28spm
- 1min @ 45% 20-22spm
- 2min @ 75% 26-28spm
- 1min @ 45% 20-22spm
- 2min @ 75% 26-28spm
- 1min @ 45% 20-22spm
- 2min @ 75% 26-28spm

Cool Down: 5min light rowing with 5min stretch

PYRAMID TRAINING



“Pyramid” Training Example

Warm Up: 5-10 minutes of light rowing

Main Set: 14 minutes Pyramid

- 2min @60% 22spm
- 3min @65% 24spm
- 4min @70% 26spm
- 3min @75% 28spm
- 2min @80% 30spm

Cool Down: 5 minutes light rowing with 5 minutes stretch

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

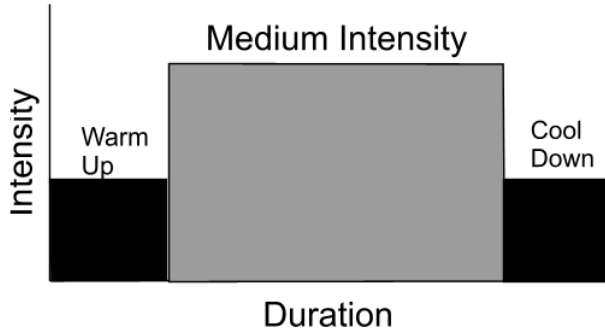
America: 560 Metacom Avenue, Warren, RI 02885, Tel: 1 401 247 7742, Fax: 1 401 247 7743

Internet: www.waterrower.com, email: support@waterrower.com



Intermediate Workout Examples (cont.)

PLATFORM TRAINING



“Platform” Training Example

Warm Up: 1000-1500 meters of light rowing

Main Set: 2000 -4000 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