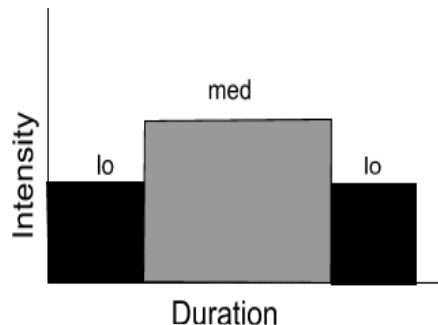




WaterCoach

Beginners Workout Examples

PLATFORM TRAINING



“Steady State/Platform” Training

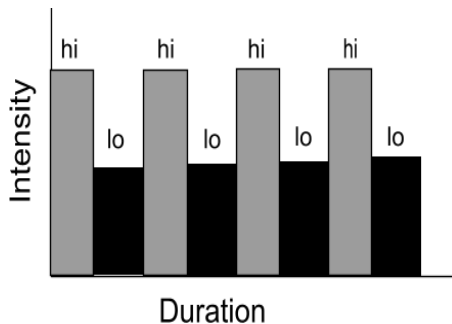
Example

Warm Up: 5 minutes light rowing

Main Set: 10-15 minutes @60-65% intensity, consistent stroke rate of between 22-24spm (strokes per minute)

Cool Down: 5 minutes low intensity rowing & stretching

INTERVAL TRAINING



“High/Low Intensity” Training

Example

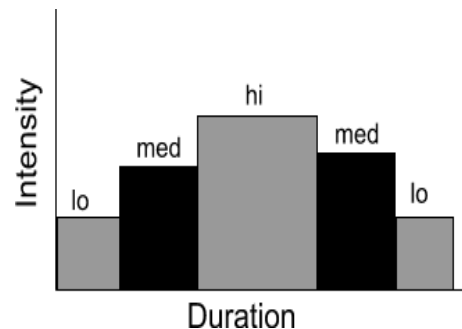
Warm Up: 5 minutes light rowing

Main Set: 2 x 5 minute Interval

- 1min @75% intensity 26-30spm
- 1min @ 45% intensity 22spm
- 1min @ 75% intensity 26-30spm
- 1min @ 45% intensity 22spm
- 1min @ 75% intensity 26-30spm
- 2min Rest

Cool Down: 5 minutes light rowing

PYRAMID TRAINING



“Build Up to Peak” Training

Example

Warm Up: 5 minutes light rowing

Main Set: 9 minute Pyramid

- 1min @60% intensity 22spm
- 2min @65% intensity 24spm
- 3min @70% intensity 26spm
- 2min @75% intensity 28spm
- 1min @80% intensity 30spm

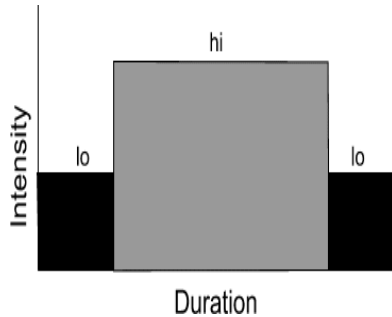
Cool Down: 5 minutes light rowing



WaterCoach

Intermediate Workout Examples

PLATFORM TRAINING



“Steady State” Training

Example

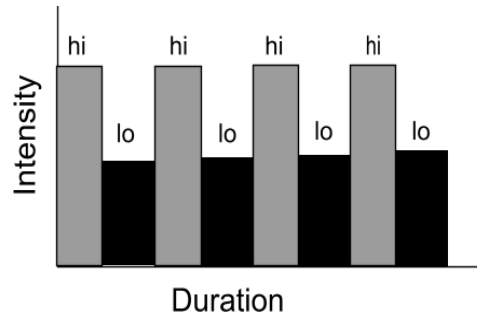
Warm Up: 5 minutes light rowing

Main Set: 15-20 minutes

@60-70% intensity, consistent rate
22-24spm (strokes per minute)

Cool Down: 5 minutes of light
rowing and stretching

INTERVAL TRAINING



“High/Low Intensity” Training

Example

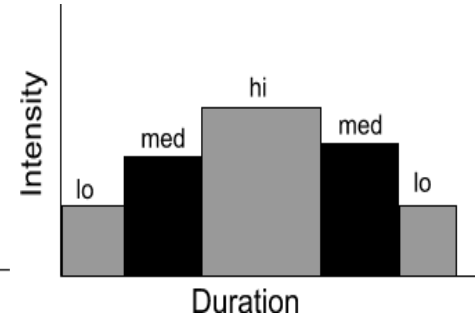
Warm Up: 5 minutes light rowing

Main Set: 10 minutes Interval

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

Cool Down: 5 minutes light rowing

PYRAMID TRAINING



“Build Up to Peak” Training

Example

Warm Up: 5 minutes light rowing

Main Set: 14 minute Pyramid

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

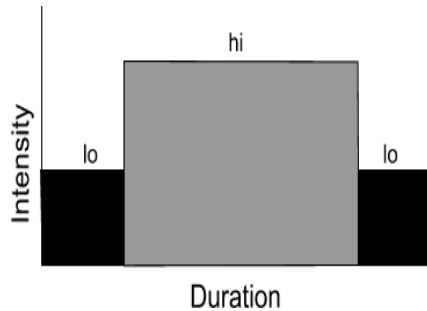
Cool Down: 5 minutes light
rowing



WaterCoach

Advanced Workout Examples

PLATFORM TRAINING



“Steady State” Training

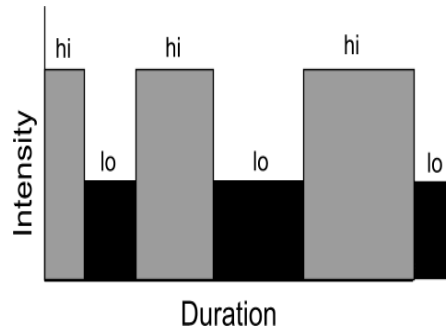
Example

Warm Up: 5 minutes light rowing

Main Set: 30-40 minutes @70-80% intensity, consistent rate 22-24spm (strokes per minute)

Cool Down: 5 minutes light rowing and stretch

INTERVAL TRAINING



“High/Low Intensity” Training

Example

Warm Up: 5 minutes light rowing

Main Set: 20 minutes Interval

- 2min @85% intensity 26-28spm

- 2min @ 55% intensity 22-24spm

- 4min @ 85% intensity 26-28spm

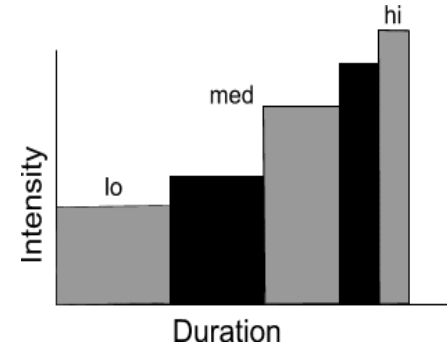
- 4min @ 55% intensity 22-24spm

- 6min @ 85% intensity 26-28spm

- 4min @ 55% intensity 22-24spm

Cool Down: 5 minutes light rowing and stretch

PYRAMID TRAINING



“Build Up to Peak” Training

Example

Warm Up: 5 minutes light rowing

Main Set: 15 minutes Pyramid

- 5min @70% intensity 22spm

- 4min @75% intensity 24spm

- 3min @80% intensity 26spm

- 2min @85% intensity 28spm

- 1min @90% intensity 30spm

Cool Down: 5 minutes light rowing and stretch