



Distance Pyramid

(for beginners, intermediate and advanced rowers)

Warm Up

1000 up to 2000 meters of light [Steady State rowing](#) at 20-24spm.

With in the warm up, include:

10 up to 20 strokes of [Arms Only Rowing](#)

Continue with light steady state rowing

10 up to 20 strokes of [Arms & Body Only Rowing](#)

Continue with light steady state rowing

10 up to 20 strokes of [Half Slide Rowing](#) (quicker shorter strokes)

End the warm up with 1 x 10 [Stroke build](#) - increasing intensity and stroke rate every stroke

At the end of your warm up have a break - could be a stretch, or standing up for a little bit off the WaterRower and/or sip of water.

Main Workout

Distance Pyramid – 1000m – 750m – 500m – 250m. Four intervals of decreasing distances and rest time.

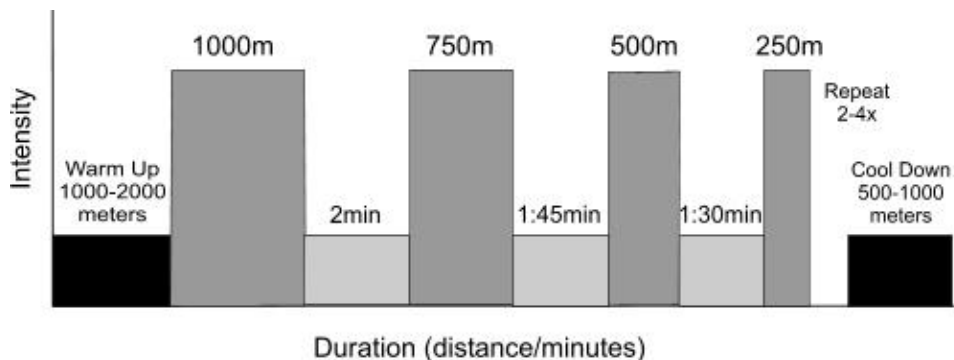
1000 meters at 75-90% intensity. 2 minutes rest (light recovery rowing)

750 meters at 75-90% intensity. 1:45 minutes rest (light recovery rowing)

500 meters at 75-90% intensity. 1:30 minutes rest (light recovery rowing)

250 meters at 75-90% intensity

Rest / Recovery light rowing for 2-4 minutes.



Beginners continue with cool down. Intermediate and Advance rowers repeat 2-4x

Cool Down

500 meters up to 1000 meters of light easy rowing ending with the [Slide drill](#)

[Stretch](#) - 5 minutes

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.