

Motoendurance.net Rowing Aerobic Workout #1		
Workout Focus: Aerobic Enhancement		
	Description	Intensity
Warm Up-5 Minutes	Focus: Gradual Warm Up	
Load Level	Zero	
Elapsed Time	5 Minutes - even pull / stroke count less than 25 (very easy) Stop and stretch if you feel any tight muscles	40%
Main Set #1-10 Minutes	Focus: Muscular Endurance	Intensity
Resistance Level	Level 2	
Set Notes	focus on your breathing as you bring the bars back to the starting position; lead with legs	
Work Interval	7 minutes of continuous pulling with a stroke count between 25-30 (no higher or lower)	75%
Rest Interval	3 minutes of continuous pulling with a stroke count below 25 (no higher) Stop and stretch if you feel any tight muscles	50%
Main Set #2-10 Minutes	Focus: Intensive Endurance	Intensity
Resistance Level	Level 2	
Set Notes	stay mentally focused on a straight back to avoid pulling your lower back	
Work Interval	6 minutes of continuous pulling with a stroke count between 25-30 (no higher or lower)	75%
Rest Interval	4 minutes of continuous pulling with a stroke count below 25 (no higher) Stop and stretch if you feel any tight muscles	50%
Main Set #3-10 Minutes	Focus: Muscular Endurance	Intensity
Resistance Level	Zero	
Set Notes	focus on your breathing as you bring the bars back to the starting position; lead with legs	
Work Interval	5 minutes of continuous pulling with a stroke count between 25-30 (no higher or lower)	75%
Rest Interval	5 minutes of continuous pulling with a stroke count below 25 (no higher) Stop and stretch if you feel any tight muscles Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	50%
Warm Down-5 minutes	Very easy pulling - keep the stroke rate less than 25 for entire duration	40%
	Beginning Weight: _____ Ending Weight: _____ Loss Gain (Loss): _____	
	Post Workout: stretch passively from head to toe; put extra attention on your overly tight areas. This will avoid future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.	

Duration Outline

Weekend warrior: complete interval durations as indicated

Competitive racer: increase the interval duration to 20 minutes for all three sets

Elite/Professional: increase the interval duration to a total of 30 minutes for all three sets