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Motoendurance.net Aerobic Row Workout #3	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	**One**	
Set Notes	**Focus on your breathing as you bring the bars back to the starting position; lead with legs**	
Display Setting	**Time** **NOTE: ON EQUALS A STROKE RATE OF 30 PLUS / OFF EQUALS A STROKE RATE OF LESS THAN 25**	
Work Interval	**1 Minute on / 1 minute off** **REPEAT THE 2 MINUTE BLOCK 5 TIMES FOR A TOTAL OF 10 MINUTES**	**Varies**
Transition - 5 Minutes	**Focus: Bring the Heart Rate Down & Get Mentally Prepared for Next Set**	**Intensity**
Load Level	**Zero**	
Elapsed Time	**5 Minutes - even pull / stroke count less than 25 (very easy)**	**40%**
Main Set #2-15 Minutes	**Focus: Muscular Endurance**	**Intensity**
Resistance Level	**One**	
Set Notes	**Focus on your breathing as you bring the bars back to the starting position; lead with legs**	
Display Setting	**Time** **NOTE: ON EQUALS A STROKE RATE OF 30 PLUS / OFF EQUALS A STROKE RATE OF LESS THAN 25**	
Work Interval	**90 SECONDS ON / 90 SECONDS OFF = 3 MINUTES** **REPEAT THE 3 MINUTE BLOCK 5 TIMES FOR A TOTAL OF 15 MINUTES**	**Varies**
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):**	

Duration Outline
Weekend warrior: complete interval durations as indicated
Competitive racer: increase the interval duration to 30 minutes for both sets
Elite/Professional: increase the interval duration to a total of 40 minutes for both sets