



Welcome to Rowing Workouts for Cross-Training.

This logbook provides you with a collection of interesting and challenging rowing workouts, which can be incorporated into your training or cross-training program. Each workout comes with complete instructions as well as log space for recording your performance.

If you are interested in a varied diet of rowing workouts, you can simply start at the beginning and work your way through the book. The first few workouts are designed to introduce new rowers to the separate concepts of stroke rate and intensity level.

If you haven't done much rowing recently, or ever, it is important to start gradually so that any new muscles have time to adjust. This is especially hard for athletes from other sports because they are already fit and used to going hard. We just want to remind you that "going hard" at a brand new activity is very likely to make you sore. Once you get started, we suggest rowing at least once per week to keep your muscles accustomed to the exercise. Beyond that, it's up to you.

If you are cross-training for another sport, we hope you enjoy this new training mode and that it brings you success in your primary sport. Don't hesitate to write or e-mail us with your own cross-training workout ideas, stories and successes. Happy Rowing.

Intensity Guide Key

This Intensity Guide should be used for all of the workouts in this book.

- Conversational pace
- Sustainable
- Challenging
- High Intensity



WORKOUT 1

Date _____

GOAL OF THE WORKOUT: **To practice changing intensity while keeping stroke rate constant.**

Description of workout: Timed intervals with varying intensity				
interval #	work time	intensity guide	target spm	rest time
1	1:00	•	26	:30
2	1:00	••	26	:30
3	1:00	•••	26	:30
4	1:00	•	26	:30
5	1:00	••	26	:30
6	1:00	•••	26	:30
7	1:00	••••	26	:30
For more experienced rowers, this series should be repeated.				

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work time for 1:00. Set rest time for :30. Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window. The number of intervals done will be displayed in the upper right hand display of the Performance Monitor.**

BODY OF WORK: (estimated time: 21 min.)

- Notes during workout: **During the rest interval, your average pace for that interval will be displayed. Use that average pace to determine your target pace for the next interval.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Use the RECALL button to note your meters rowed and average pace for each interval, and record this data in the log section on the right.**

*Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Total Meters		Heart Rate Data	
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*These boxes do not have to be filled out but are provided for people who wish to record every meter they rowed including warmup and cooldown. It all counts toward the Million Meter Club.

*Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 2

Date _____

GOAL OF THE WORKOUT: **To introduce distance intervals and to practice varying intensity without varying stroke rate.**

Description of workout: Distance intervals with varying intensity				
interval #	work distance	intensity guide	target spm	rest time
1	500 m	•	24-26	2:00
2	500 m	••	24-26	2:00
3	500 m	•••	24-26	2:00
4	500 m	••	24-26	2:00
5	500 m	••••	24-26	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work distance of 500 meters. Set rest time of 2:00. Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 22 min.)

- Notes during workout: **During the rest interval, your average pace for that interval will be displayed. Use that average pace to determine your target pace for the next interval.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 3

Date _____

GOAL OF THE WORKOUT:

To practice changing the stroke rate while maintaining a steady intensity level.

Description of workout: Single piece segmented workout			
work time	segment	intensity guide	target spm
30:00	30:00-27:00 (3 min)	••	22
	27:00-25:00 (2 min)	••	25
	25:00-24:00 (1 min)	••	28
	24:00-21:00 (3 min)	••	22
	21:00-19:00 (2 min)	••	25
	19:00-18:00 (1 min)	••	28
	18:00-15:00 (3 min)	••	22
	15:00-13:00 (2 min)	••	25
	13:00-12:00 (1 min)	••	28
	12:00-9:00 (3 min)	••	22
	9:00-7:00 (2 min)	••	25
	7:00-6:00 (1 min)	••	28
	6:00-3:00 (3 min)	••	22
	3:00-1:00 (2 min)	••	25
	1:00-0:00 (1 min)	••	28

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min.)

- Machine set up:
- Monitor set up:

Set damper at 3.

Set work time for 30:00. Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window.

BODY OF WORK: (estimated time: 30 min.)

- Notes during workout:

Remember to start out a pace you can maintain for a 30-minute steady-state workout. Use the center window to monitor your target pace, especially when you are changing the stroke rate.

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results:

Note meters and average pace for the 30:00 piece.

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 4

Date _____

GOAL OF THE WORKOUT: **To practice varying the stroke rate while maintaining a steady intensity level.**

Description of workout: Single piece segmented workout			
work distance	segment	intensity guide	target spm
5000 meters	5000-4000m	• •	25
	4000-3000m	• •	22
	3000-2000m	• •	25
	2000-1000m	• •	28
	1000-0m	• •	25

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work distance for 5,000 meters.
Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 25 min.)

- Notes during workout: **Remember to start out a pace you can maintain for a 5,000 meter steady-state workout. Use the center window to monitor your target pace, especially when you are changing the stroke rate.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Note elapsed time and average pace for the 5,000m piece.**

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 5

Date_____

GOAL OF THE WORKOUT: **A high quality interval workout for aerobic power, working at building intensity.**

Description of workout: Time interval workout				
interval #	work time	intensity guide	target spm	rest time
1	3:00	••	26	2:00
2	3:00	•••	26	2:00
3	3:00	•••	26	2:00
4	3:00	••••	27	2:00
5	3:00	••••	27	2:00
6	3:00	•••	26	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set a work time of 3:00. Set a rest time of 2:00. Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 30 min.)

- Notes during workout: **Build the intensity in the first half of the workout. Note that the stroke rate comes up on the 4th and 5th piece.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see meters rowed and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 6

Date _____

GOAL OF THE WORKOUT: **To do a distance interval workout.**

Description of workout: Distance intervals				
interval #	work distance	intensity guide	target spm	rest time
1	750m	• •	26	2:00
2	750m	• • •	26	2:00
3	750m	• • • •	26	2:00
4	750m	• •	26	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set a work distance of 750 meters. Set a rest time of 2:00. Set the display for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 20–25 min.)

- Notes during workout: **During the rest interval, your average pace for that interval will be displayed. Use that average pace to determine your target pace for the next interval.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 7

Date _____

GOAL OF THE WORKOUT: To find your target pace for a steady row. An excellent benchmark—repeat every 3-4 weeks to measure your progress.

Description of workout: Single piece steady-state rowing		
work time	intensity guide	target spm
30:00	• • •	24-26

WARMUP: (estimated time: 5-7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set a work time of 30:00. Set the display for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 30 min.)

- Notes during workout: **Use the center window to monitor your target pace. Start at a pace that you can maintain for 30 minutes. When you reach the last 5 minutes, you can try increasing your intensity if you wish.**

COOLDOWN: (estimated time: 2-4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record your meters rowed and average pace for the 30-minute piece. Note that the average pace that is shown for the piece is your current steady-state 30 minute pace. Be sure to send this time in to the annual Concept II World Ranking if you would like to see how your effort compares with others of your age around the world. An entry form is provided at the back of this log book.**

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 8

Date _____

GOAL OF THE WORKOUT: **To row some longer distance intervals. Excellent workout for endurance.**

Description of workout: Long distance intervals				
interval #	work distance	intensity guide	target spm	rest time
1	2000m	•	25	3:00
2	2000m	••	25	3:00
3	2000m	••	25	3:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work distance for 2,000 meters. Set rest time for 3:00. Set the DISPLAY for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 35 min.)

- Notes during workout: **Maintain a conversational pace on piece 1. Increase the intensity for pieces 2 & 3 but keep it sustainable.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 9

Date _____

GOAL OF THE WORKOUT: A short but intense workout. Work on increasing your peak output.

Description of workout: Intervals of decreasing length				
interval #	work time	intensity guide	target spm	rest time
1	6:00	••	26	2:00
2	5:00	•••	26	2:00
3	4:00	•••	26	2:00
4	3:00	••••	27	2:00
5	2:00	••••	28	2:00
6	1:00	••••	28	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Each work interval is a different time. This requires you to set the time for each interval right before you start. So, set the work time and rest time for the first interval. Then row the work time and paddle the rest time. During the rest time, record your meters rowed and average pace; then, at the end of the rest time, hit I/O twice and set up the next interval work time and rest time.**

BODY OF WORK: (estimated time: 33 min.)

- Notes during workout: **The first interval is a continuation of the warmup. Then you will build the intensity through the next 2 pieces, getting to full intensity for the last 3 pieces, which, conveniently, get shorter and shorter!**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record meters rowed and average pace for each interval.**

**Meters rowed
in warmup:** (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		

Heart Rate Data:

Notes:

**Meters rowed
in cooldown:** (optional)

Cumulative Meters:

WORKOUT 10

Date _____

GOAL OF THE WORKOUT: **To introduce variety to a steady state distance piece by imbedding intervals of higher intensity work.**

Description of workout: Steady-state distance piece with imbedded intervals		
work distance	intensity guide	target spm
6000 meters	• •	26
Every 500 meters, row 100 meters hard:	• • • •	28

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set a work distance of 6000 m. Set the display for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 25–30 min.)

- Notes during workout: **Whenever you see a multiple of 500 meters remaining, push the intensity up to • • • • for the next 100 meters. Example: 5500-5400 meters, 5000-4900 meters**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record your elapsed time and average pace for the piece. Compare your average pace for this piece with your average pace from the 30 minute piece you did in WORKOUT 7. Are they similar?**

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 11

Date _____

GOAL OF THE WORKOUT: **Moderate length timed intervals with varying intensity level.**

Description of workout: Timed intervals, moderate length				
interval #	work time	intensity guide	target spm	rest time
1	4:00	••	27	2:00
2	4:00	•••	27	2:00
3	4:00	•••	27	2:00
4	4:00	••••	27	2:00
5	4:00	•••	27	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work time for 4:00. Set rest time for 2:00. Set the display for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 30 min.)

- Notes during workout: **Build your intensity on pieces 1–4; then ease off slightly for the last piece.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see meters rowed and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		

Heart Rate Data;

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 12

Date _____

GOAL OF THE WORKOUT: To introduce a pyramid workout for variety in distance intervals.

Description of workout: Distance pyramid workout				
interval #	work distance	intensity guide	target spm	rest time
1	500m	• • •	26	2:00
2	1000m	• • •	26	2:00
3	1500m	• • •	26	2:00
4	1000m	• • • •	26	2:00
5	500m	• • • •	28	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Each work interval is a different distance. This requires you to set the distance for each interval right before you start. So, set the work distance and rest time for the first interval. Then row the work distance and paddle the rest time. During the rest time, record your elapsed time and average pace; then, at the end of the rest time, hit I/O twice and set up the next interval work distance and rest time.**

BODY OF WORK: (estimated time: 30–35 min.)

- Notes during workout: **Push the intensity up as you work back down the pyramid. Note that the stroke rate comes up on the last piece.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **You will have recorded your results after each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 13

Date_____

GOAL OF THE WORKOUT: **Endurance-aerobic power.**

Description of workout: Interval workout with short rest period				
# of intervals	work time	intensity guide	target SPM	rest time
15	1:40	• • •	26	0:20

WARMUP: (estimated time: 5 min.) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min.)

- Machine setup: **Set damper at 3 or your personal choice.**
- Monitor setup: **Set work time for 1:40. Set rest time for 0:20.**

BODY OF WORK: (estimated time : 30 min.)

- Notes during workout: **Note top right hand box on monitor for interval number during rest time. Moderate your effort, as you will soon realize that the rest does not provide total recovery.**

COOLDOWN: (estimated time: 4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Use the RECALL button to note meters and average pace for each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
Total Meters		Heart Rate Data	

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 14

Date _____

GOAL OF THE WORKOUT: **A high-intensity workout of short intervals.**

Description of workout: Short distance intervals				
# of intervals	work distance	intensity guide	target spm	rest time
15	250m	• • •	28	0:45

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work distance of 250 meters. Set rest time of 0:45.**

BODY OF WORK: (estimated time: 25 min.)

- Notes during workout: **Use the first few intervals to build up to maximum intensity.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
Total Meters		Heart Rate Data	

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 15

Date _____

GOAL OF THE WORKOUT: **Long intervals for aerobic-cardiovascular endurance development.**

Description of workout: Interval workout, long intervals				
# of intervals	work time	intensity guide	target SPM	rest time
1	12:00	••	26	3:00
1	12:00	••••	28	3:00
1	12:00	•	22	3:00

WARMUP: (estimated time: 5 min.) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min.)

- Machine setup: **Set damper at 3 or your personal choice.**
- Monitor setup: **Set work time on monitor for 12:00. Set rest time for 3:00.**

BODY OF WORK: (estimated time: 35 min.)

- Remarks during workout: **Sustainable pace on interval 1, challenging pace on interval 2, and conversational pace on interval 3. Work on good recovery technique and full range of motion.**

COOLDOWN: (estimated time: 4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Use the RECALL button to note meters and average pace for each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		

Total Meters	
-----------------	--

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 16

Date _____

GOAL OF THE WORKOUT: **A steady-state workout over a fixed distance. Be sure to record your time for comparison later.**

Description of workout: Steady state distance piece		
work distance	intensity guide	target spm
5,000 m	• •	25

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set distance of 5,000 meters.**

BODY OF WORK: (estimated time: 25 min.)

- Notes during workout: **Aim for a steady pace that you can maintain for the entire piece. If you feel strong in the last 5 minutes, push up the intensity a bit.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record your elapsed time and average pace for the piece.**

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 17

Date _____

GOAL OF THE WORKOUT: **This workout focuses on high intensity rowing for short duration. It is good for developing muscular strength.**

Description of workout: Interval workout				
# intervals	work time	intensity guide	target SPM	rest time
15	1:00	• • • •	28	1:00

WARMUP: (estimated time: 5 min.) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min.)

- Machine setup: **Set damper at 3 or other setting of choice.**
- Monitor setup: **Set work time for 1:00. Set rest time for 1:00.**

BODY OF WORKOUT: (estimated time: 30 min.)

- Remarks during workout: **It is important that you be adequately warmed up before beginning this high intensity rowing. The first few work intervals should be controlled effort. You should increase the effort with each interval.**

COOLDOWN: (estimated time: 5 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Use the RECALL button to note meters and average pace for each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

Total Meters		Heart Rate Data	
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Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 18

Date _____

GOAL OF THE WORKOUT: **A high intensity interval workout.**

Description of workout: Distance intervals				
# of intervals	work distance	intensity guide	target spm	rest time
5	500m	• • •	27	2:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set work distance of 500 meters. Set rest time of 2:00. Set the display for pace (/500m) in the center window and average pace in the bottom left window.**

BODY OF WORK: (estimated time: 20–25 min.)

- Notes during workout: **Use the first interval to build the intensity, then try to maintain a consistent intensity level over the last 4 intervals.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page. You can use this workout to predict your time for 2,000 meters. Add up the times for your last 4 500 meter intervals, and add 15 seconds. Record this prediction in the space at right.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 19

Date _____

GOAL OF THE WORKOUT: **Short, but intense workout. Work on increasing your peak output.**

Description of workout: Pyramid interval workout				
interval #	work time	intensity guide	target SPM	rest time
1	2:00	• • •	26	2:00
2	3:00	• • •	26	3:00
3	4:00	• • •	26	3:00
4	3:00	• • • •	28	2:00
5	2:00	• • • •	28	1:00
6	1:00	• • • •	30	

WARMUP: (estimated time: 7 min.) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min)

- Machine setup: **Set damper at 3 or other setting of choice.**
- Monitor setup: **Each work interval is a different time. This requires you to set the time for each interval right before you start. So, set the work time and rest time of the first interval. Then row the work time and paddle the rest time. During the rest time, record meters rowed and average pace, then, at the end of the rest time, hit I/O twice and set up the next interval work time and rest time.**

BODY OF WORKOUT: (estimated time: 30 min.)

- Remarks during workout: **Row the first 3 intervals at somewhat under maximum effort. Row the last 3 intervals at your highest intensity. Note that the stroke rate goes up in the 2nd half of the pyramid.**

COOLDOWN: (estimated time: 5 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record meters rowed and average pace for each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		

Total
Meters

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 20

Date _____

GOAL OF THE WORKOUT: **A great benchmark piece. Compare with the 25,000 people who have entered our World Ranking in 1998.**

Description of workout: Work distance of 2000 meters		
work distance	intensity guide	target spm
2,000 meters	• • • •	26-28

WARMUP: (estimated time: 10 min.) Include rowing drills and stretching.

Extend your warmup with some 30 second bursts of high-intensity rowing.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3 or your personal choice.**
- Monitor set up: **Set work distance for 2,000 meters.**

BODY OF WORK: (estimated time: 7–10 min.)

- Notes during workout: **Start at a pace which you know you can sustain for the entire distance, then increase your intensity if you can in the last 500 meters.**

COOL DOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Record your elapsed time at right. Compare this time with the time you predicted in WORKOUT 18. Be sure to send this time in to the annual Concept II World Ranking if you would like to see how your effort compares with others of your age around the world.**
An entry form is provided at the back of this log book.

Meters rowed
in warmup: (optional)

Time	Meters rowed	Average Pace

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 21

Date _____

OPENING REMARKS: (estimated time 1 min)

- Goal of the workout: **Aerobic-cardiovascular development, weight control**

Description of workout: Interval workout, long intervals				
# of intervals	work time	intensity guide	target SPM	rest time
1	16:00	•	22	3:00
1	16:00	••	26	

WARMUP: (estimated time 5 min) Include rowing drills and on rower stretching

WORKOUT SETUP: (estimated time 1 min)

- Machine setup: **Set damper at 3 or other setting for long duration rowing**
- Monitor setup: **Set work time on monitor for 16:00. Set rest time for 3:00.**

BODY OF WORKOUT: (estimated time 35 min)

- Remarks during workout: **Conversational pace on interval 1 and sustainable pace on interval 2. Work on good recovery technique and full range of motion.**

COOLDOWN: (estimated time 4 min) Light paddling and stretching

NOTES: (estimated time 1 min)

- Logging results: **Use the recall button to note meters and average pace for each interval**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		

Total
Meters

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

WORKOUT 22

Date _____

GOAL OF THE WORKOUT: **To row a variety of distance pieces, bringing the intensity up as the distance goes down.**

Description of workout: Decreasing distance with increasing intensity				
interval #	work distance	intensity guide	target spm	rest time
1	1500 m	• •	26	3:00
2	1000 m	• • •	26	3:00
3	750 m	• • •	26	3:00
4	500 m	• • • •	26–28	3:00
5	250 m	• • • •	26–28	3:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Each work interval is a different distance. This requires you to set the distance for each interval right before you start. So, set the work distance and rest time for the first interval. Then row the work distance and paddle the rest time. During the rest time, record your elapsed time and average pace, then, at the end of the rest time, hit I/O twice and set up the next interval work distance and rest time.**

BODY OF WORK: (estimated time: 30–35 min.)

- Notes during workout: **Push the intensity up as you work down the distances. Note that the stroke rate can come up on the last two pieces.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:

WORKOUT 23

Date _____

GOAL OF THE WORKOUT: **Anaerobic threshold—building power and aerobic conditioning.**

Description of workout: Interval workout, moderate length - challenging effort				
# intervals	work time	intensity guide	target SPM	rest time
4	7:00	• • •	26	4:00

WARMUP: (estimated time: 5 min) Include rowing drills and stretching.

WORKOUT SETUP: (estimated time: 1 min.)

- Machine setup: **Set damper at 3 or your personal choice.**
- Monitor setup: **Set work time for 7:00. Set rest time for 4:00.**

BODY OF WORKOUT: (estimated time: 44 min.)

- Remarks during workout: **Try to keep consistent pace from interval to interval.**

COOLDOWN: (estimated time: 5 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **Use the RECALL button to note meters and average pace for each interval.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		

Total Meters	
-----------------	--

Heart Rate Data:

Notes:

Meters rowed
in cooldown: (optional)

Cumulative Meters:

Workout 24

Date _____

GOAL OF THE WORKOUT: **Short, intense distance intervals.**

Description of workout: Distance intervals				
# of intervals	work distance	intensity guide	target spm	rest time
12	250 m	• • • •	28	1:00

WARMUP: (estimated time: 5–7 min.) Include rowing drills and stretching.

WORKOUT SET UP: (estimated time: 1 min.)

- Machine set up: **Set damper at 3.**
- Monitor set up: **Set a work distance of 250 meters and a rest time of 1:00.**

BODY OF WORK: (estimated time: 25 min.)

- Notes during workout: **Use the first 2 intervals to build up to maximum intensity, then really push these intervals hard. They're short and the rest is roughly equal in time to the work.**

COOLDOWN: (estimated time: 2–4 min.) Light paddling and stretching. If you wish to record your cooldown meters, be sure to record your workout results before you press the I/O button.

NOTES: (estimated time: 1 min.)

- Logging results: **After your row, use the RECALL button to see elapsed time and average pace for each interval. Record this data on the right side of this page.**

Meters rowed
in warmup: (optional)

Interval	Meters rowed	Average Pace
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Total
Meters

Heart Rate Data:

Notes:

Meters rowed in
cooldown: (optional)

Cumulative Meters:



The World Ranking

The World Ranking, published annually by Concept II, is an ordered list of personal best scores achieved on the Concept II Indoor Rower. Begun in 1985 with 400 entries, the World Ranking has grown to include over 25,000 names from 60 countries.

Who can participate? Anyone who has access to a Concept II Indoor Rower, Model A, B, or C, with an Electronic Performance Monitor.

What if my times aren't fast? Only one person will be at the top of the list. For the rest of us, the Ranking is a great incentive for training and a great way to measure progress.

What events are ranked? 2000 meters, 30 minutes, 1 hour and, for Kids only– 4 minutes.

What are the age and weight groups? 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 and over. Note: Kids aged 5-14 will be ranked in one year age groups. Weight classes are based on the rules of on-water rowing where lightweight is defined as **135 lbs. and under for women and 165 lbs. and under for men.**

How do I enter? Row the event(s) of your choice on a Concept II Indoor Rower, using the Electronic Performance Monitor to record your time. You must use the preset workout mode so that your final score will be displayed at the end. Record your score(s) on the entry form along with the other information requested and send it to us. You may also use the e-mail World Ranking entry form on our Web site.

When is the deadline? We need to receive your entry by March 1 in order to include it in that years' Ranking. Your score may be achieved at any time in the previous 12 months.

Concept II, Inc. Mon.–Fri.

7:30AM–5:00PM Eastern 1-800-245-5676 (USA & Canada) (802)888-6333 (Int'l. only)

INSTRUCTIONS

- All record-breaking entries will be subject to verification before being published. We prefer that new records be established at a public place or event with at least two witnesses to confirm the achievement.
- Be sure to fill out the entry form completely. We **must have** your name, hometown, state, age, weight class, gender and score in order to rank you.
- The entry form may be copied as many times as necessary.
- If you are sending in multiple entries, you may put them in a list format as long as all the necessary information is included. We also welcome computerized data (PC) as long as it is in a format compatible with our own. Please call us to discuss the format.
- You may send entries via e-mail, fax, or regular mail to:



105 Industrial Park Drive Morrisville, VT 05661-8532

FAX: (802)888-4791

e-mail: rowing@concept2.com

Web site: www.concept2.com

WORLD RANKING ENTRY FORM

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

☐ Check here if this is a new address.

☐ Check here if you do not receive the Indoor Rower Update news letter twice a year and would like to be added to our mailing list.

Telephone: (Daytime) _____ e-mail _____

Gender ☐ female
☐ male

Age _____

Weight Class: ☐ Men, check here if 165 lbs. or less
☐ Women, check here if 135 lbs. or less

RANKINGS

☐ 2000 METERS

Time (to the nearest tenth of a second) _____ : _____ . _____

☐ 30 Minutes, Distance: _____ meters

☐ 60 Minutes, Distance: _____ meters

☐ Kids Only: 4 minutes, Distance: _____ meters

Copy this form as many times as necessary.