

Erg Workout #7

Do a ten minute warm up, then get ready for Speed Intervals!

Speed Intervals - Stroke rate should be 28-32 (yikes! Do your best) using good technique

- Row 100 meters with 30 seconds rest repeat five times
- Row 150 meters with 45 seconds rest repeat five times
- Row 200 meters with 60 seconds rest repeat five times
- Two minute rest
- Row 200 meters with 60 seconds rest repeat five times
- Row 150 meters with 45 seconds rest repeat five times
- Row 100 meters with 30 seconds rest repeat five times

This is the type of workout that looks easy on paper but it quite challenging! It will take a while to set up on the monitor (intervals variable) or just keep track as you row! Enjoy!