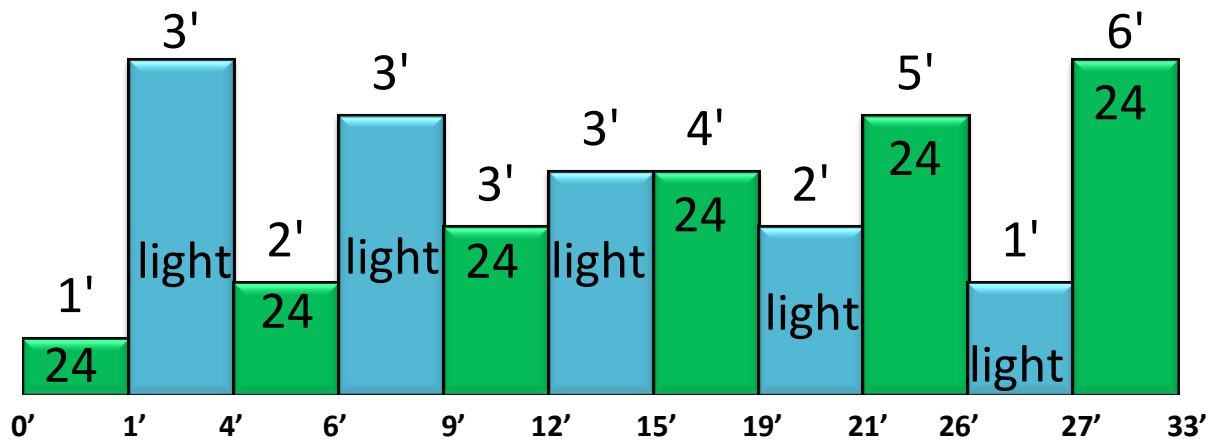


Lactate 1 : R 24

Decent Rowing



Lactate 1 :

Explanation: This is an endurance based piece that lasts 33 minutes. The rate can be altered to any rating you like. The “rest” intervals are designed to be very light rowing at a low rate whilst keeping good technique. The “work” intervals should all be completed at the same rate (of your choice) and maximum effort should be used. The example above is at Rate 24