

## Ladder

**Explanation:** This piece works on number of strokes instead of time.

Each “rung” of the ladder is a different rate.

The athlete does 20x 100% effort strokes at the specified rate followed by 8 very light strokes at a low rate focusing on technique.

At the end of each “rung” there is a 5 minutes rest.

**Ladder: 20/8**

**Rate: 26/28/30/32**

*Decent Rowing*

