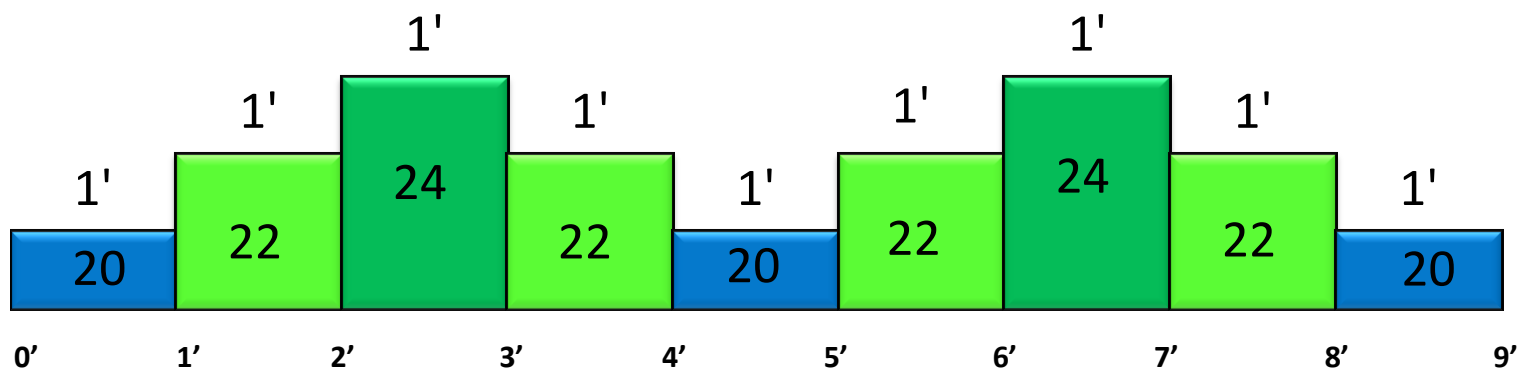


2 Power Peaks with Rope

Explanation: There are three different rates in this piece. Over 9 minutes the rating peaks twice. This piece is done with a rope attached to the boat or a bungy cord under the hull. The pieces with rate 28 and 30 may only be achieved by bigger boats. It is most important to be consistent with boat speed when the athlete is decreasing the rate from the fastest 1 minute intervals, trying to maintain a split that they previously held for each rate prior to the peak.

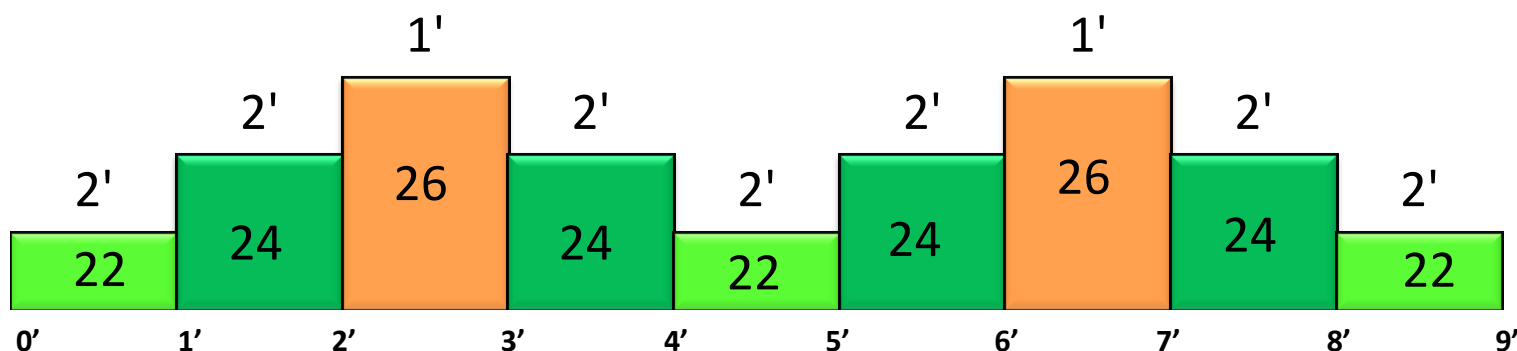
Decent Rowing

2 Power Peaks 20: R 20/22/24



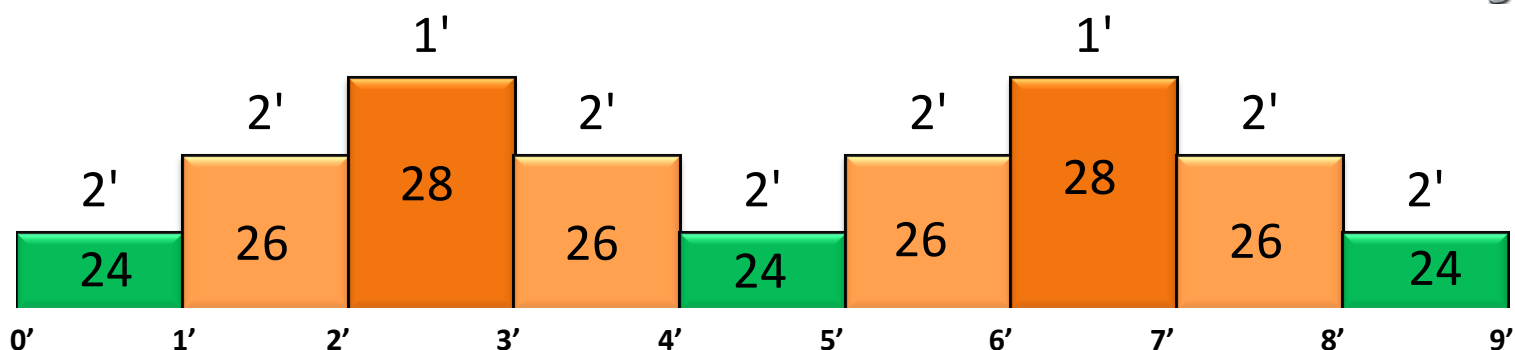
2 Power Peaks 22: R 22/24/26

Decent Rowing



2 Power Peaks 24: R 24/26/28

Decent Rowing



2 Power Peaks 26: R 26/28/30

Decent Rowing

