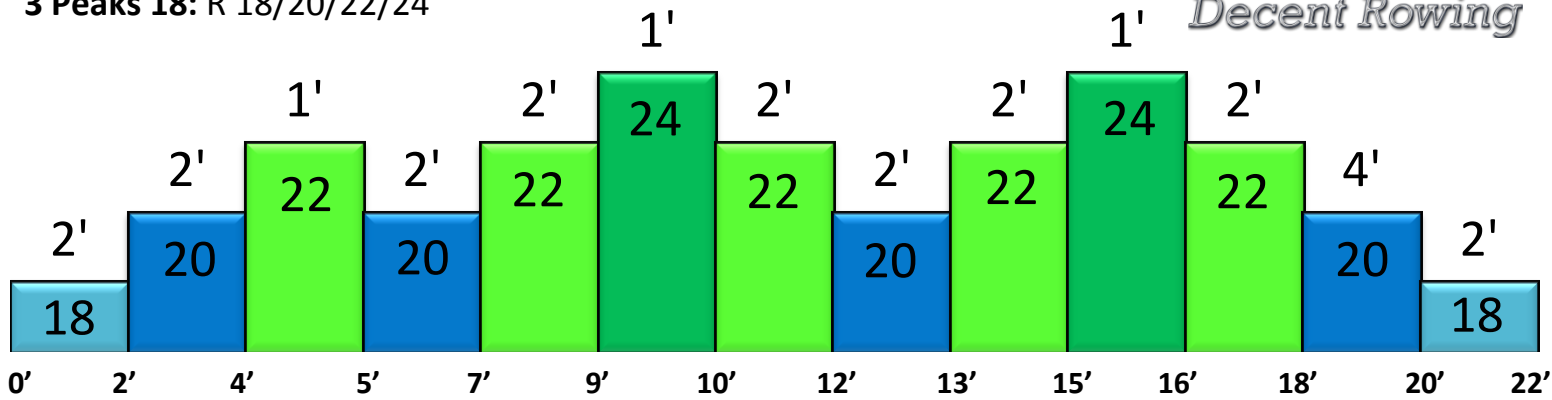


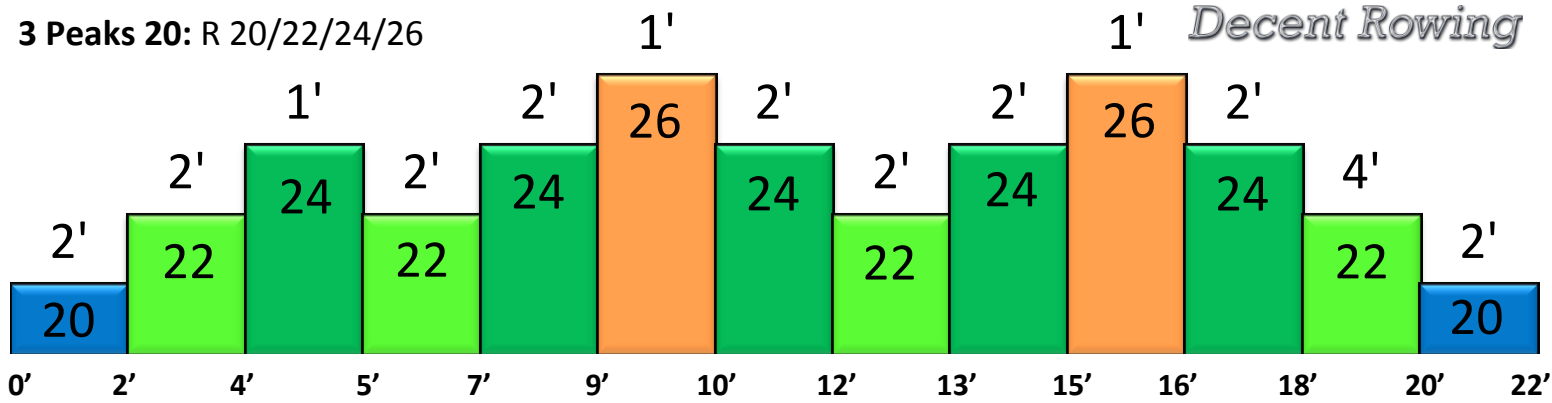
3 Peaks

Explanation: The piece lasts 22 minutes and there are 3 peaks. The athlete spends 2 minutes at each of the rates except the 3 peaks which each last a minute. It is similar to the pyramid in that the athlete should focus on consistency in boat speed when coming back down in rating trying to hold the split they had before the peak.

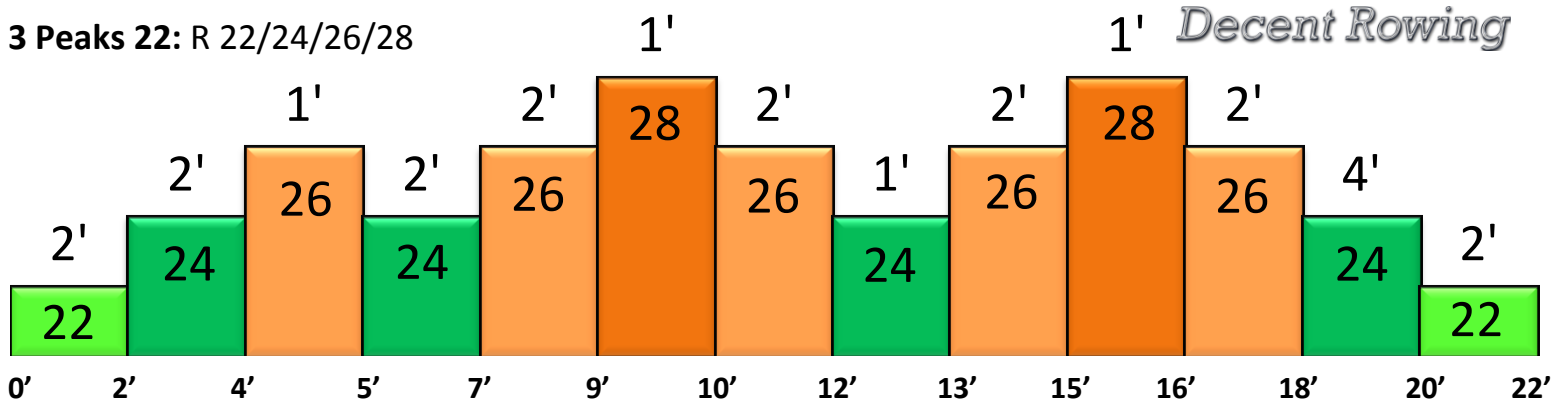
3 Peaks 18: R 18/20/22/24



3 Peaks 20: R 20/22/24/26



3 Peaks 22: R 22/24/26/28



3 Peaks 24: R 24/26/28/30

