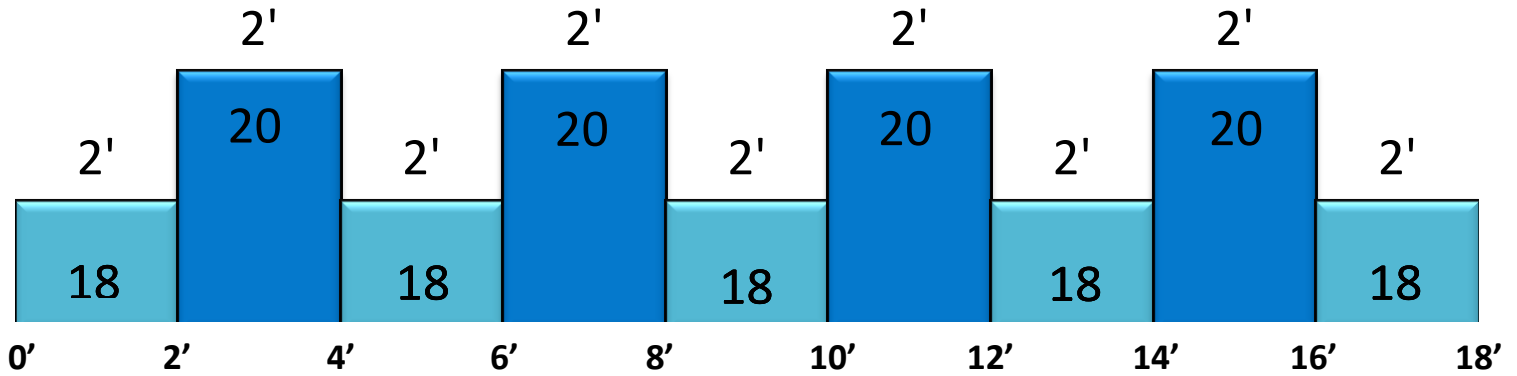


Interval

Explanation: The piece lasts for 18 minutes, alternating the rate every two minutes. Work at holding consistent splits or metres per stroke for the total workout making sure the splits at the higher rate are slightly better.

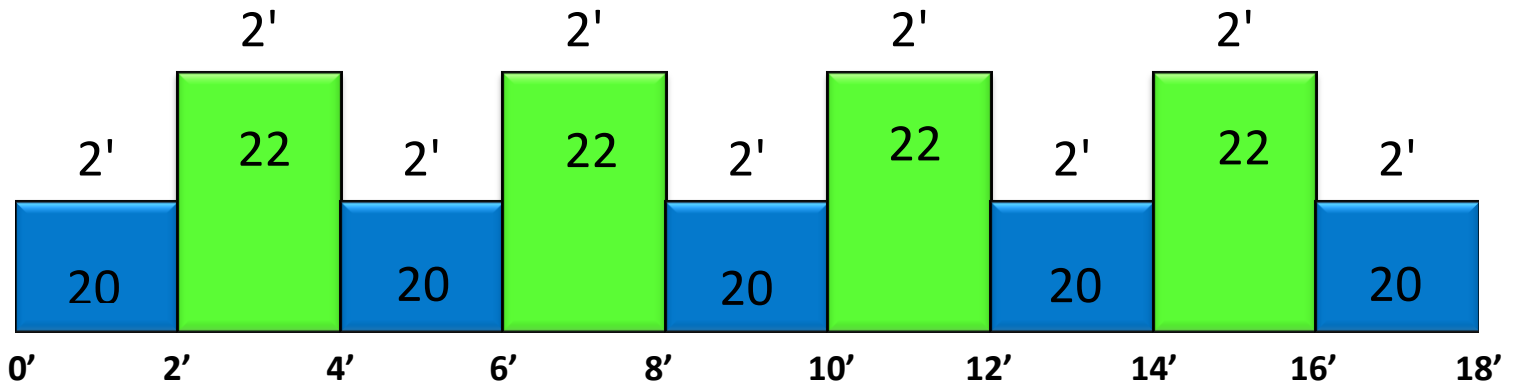
Interval 18: Rate 18/20

Decent Rowing



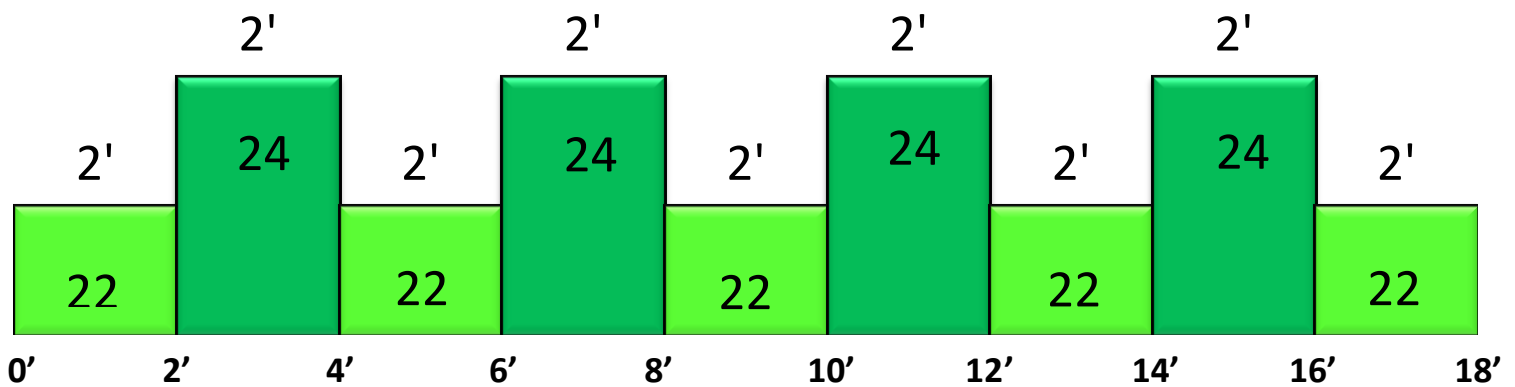
Interval 20: Rate 20/22

Decent Rowing



Interval 22: Rate 22/24

Decent Rowing



Interval 24: Rate 24/26

Decent Rowing

