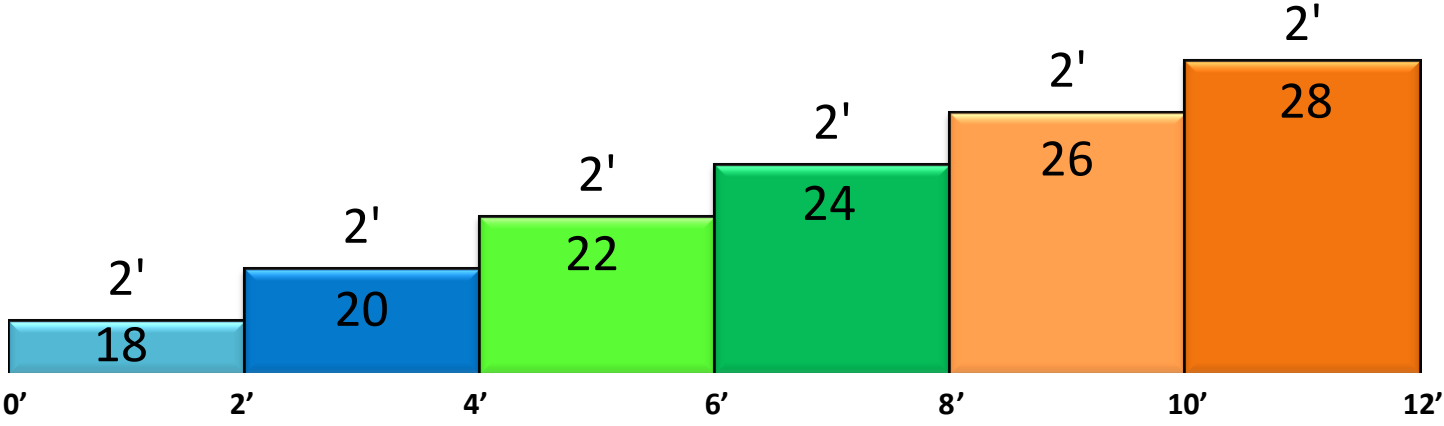


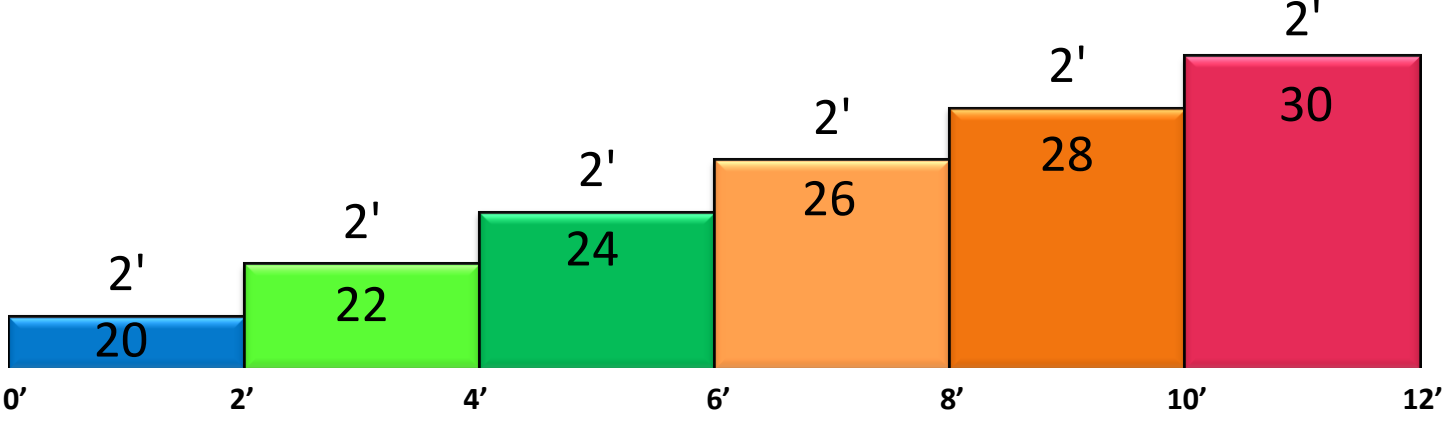
Stepped Twos: Rate 18→28

Decent Rowing



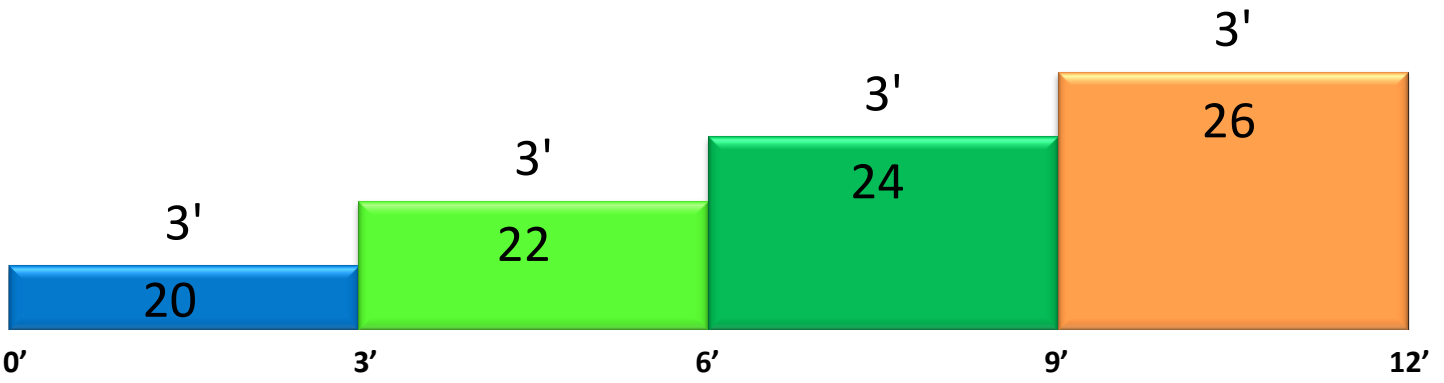
Stepped Twos: Rate 20→30

Decent Rowing



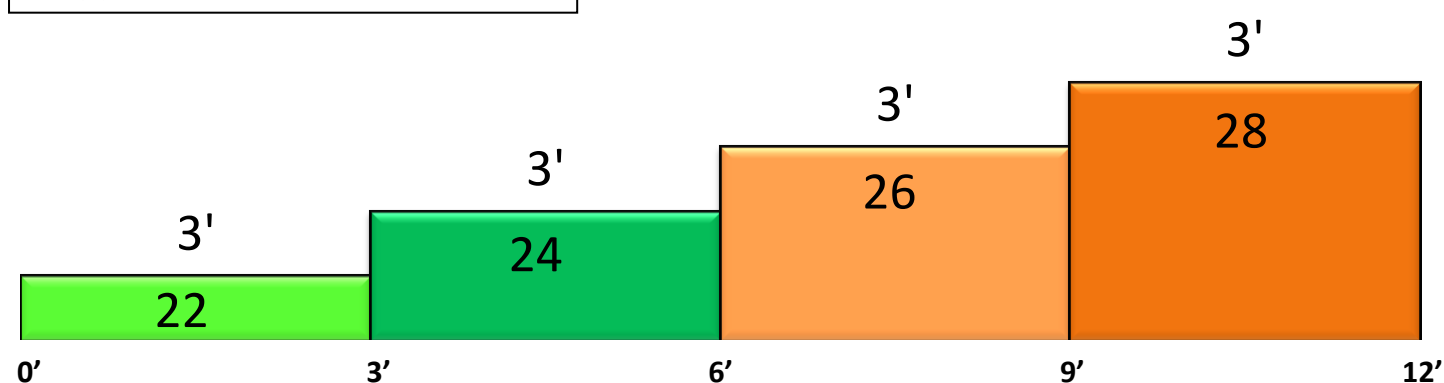
Stepped Threes: Rate 20→26

Decent Rowing



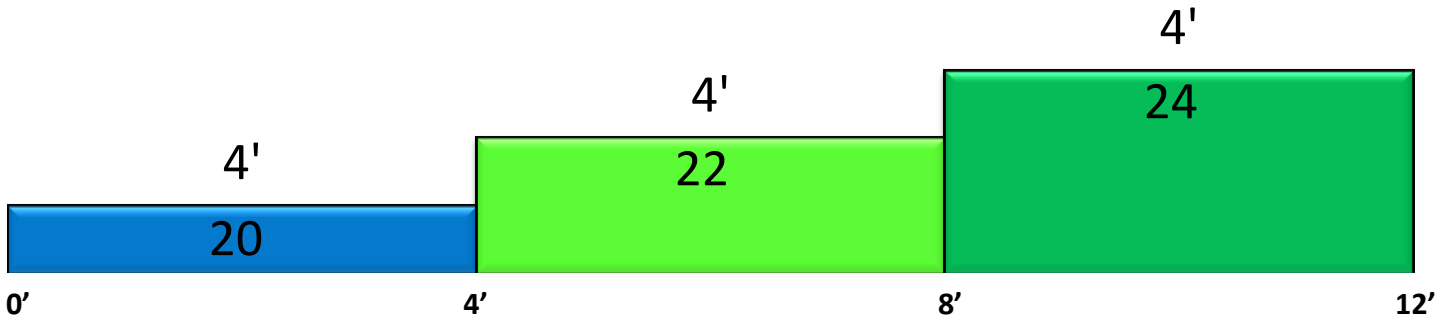
Stepped Threes: Rate 22→28

Decent Rowing



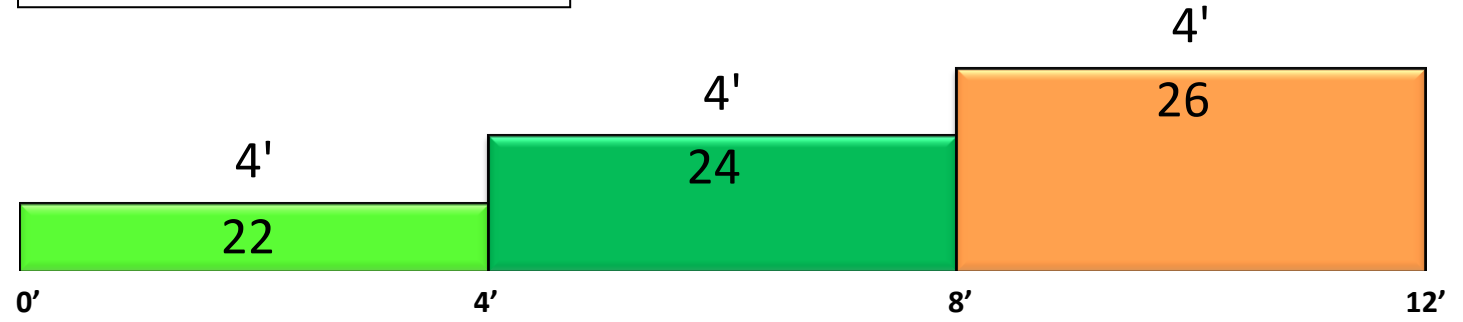
Stepped Fours: Rate 20→24

Decent Rowing



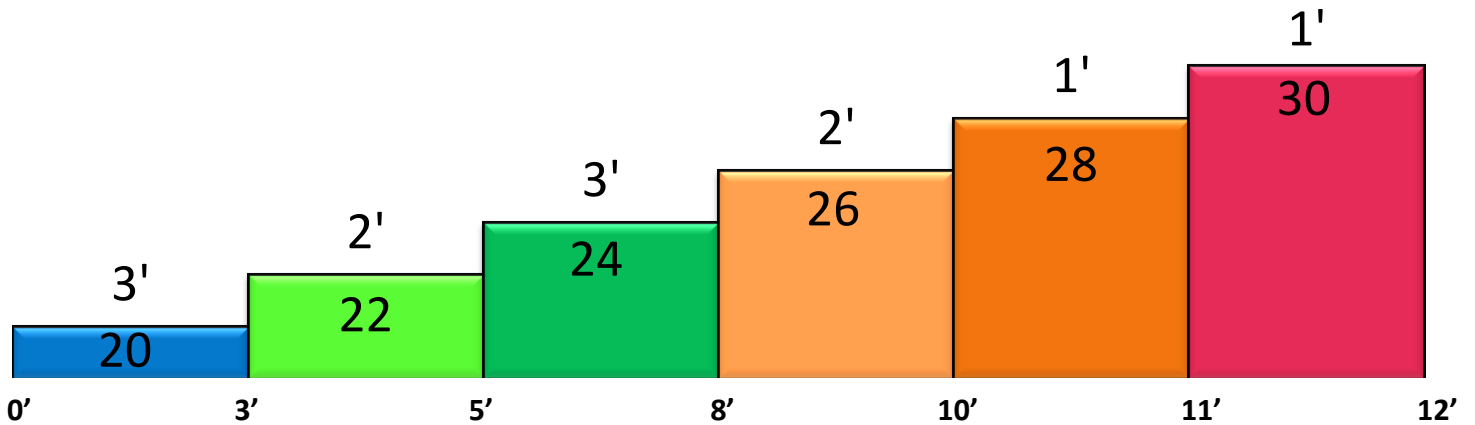
Stepped Fours: Rate 22→26

Decent Rowing



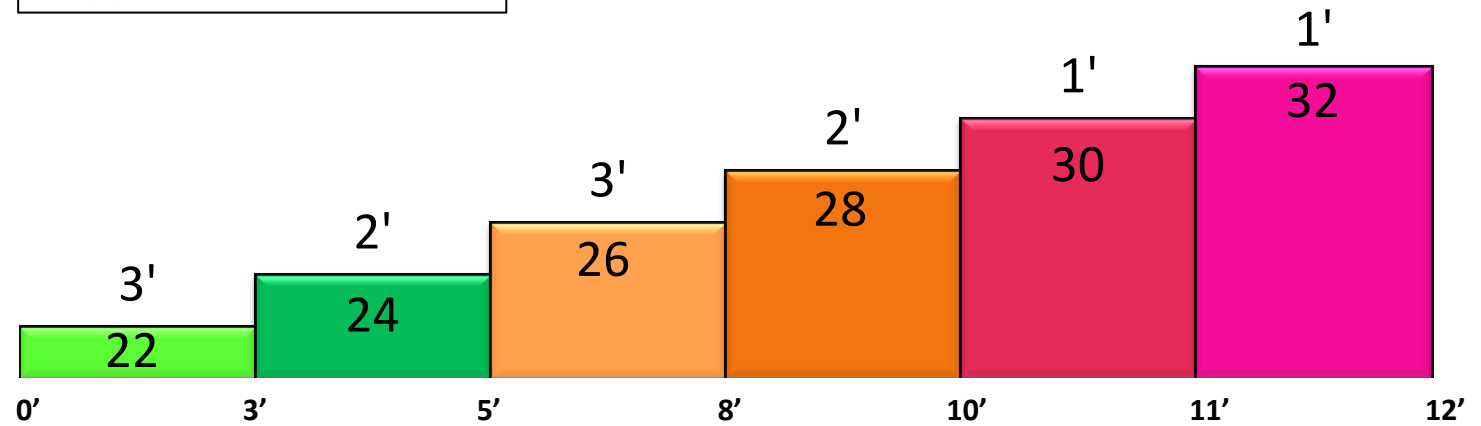
Stepped 3 2 1: Rate 20→30

Decent Rowing



Stepped 3 2 1: Rate 22→32

Decent Rowing



Various Stepped Pieces

Explanation: These workouts are 12 minutes and designed to be repeated. The first time should be with a rope attached to the boat and the second time without a rope. Boat speed and run should increase in the second piece when the rope is absent. Concentrate on maintaining the same leg speed that was generated while the rope was attached in order to maximise boat run in the second piece.