

Warm-up

- 10 min easy row

Workout

- 1 min row
- 1 min rest
- 2 min row
- 2 min rest
- 3 min row
- 3 min rest
- 4 min row
- 4 min rest
- 3 min row
- 3 min rest
- 2 min row
- 2 min rest
- 1 min row
- 1 min rest

Stroke rate should be 26-32
(75% max effort).



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