

Get your ERG on with these 4 rowing workouts

workout 1: sprints

4x 500-400-300-200-100 meters | 1minute easy
strong effort
w/ 1min recovery rowing (nice & easy)
between each distance

workout 2: quick

4x 1000 meters | 1-minute easy
strong effort
w/ 1min recovery rowing (nice & easy)
between each set

workout 3: medium

6x 5-minute | 2-minutes easy
strong effort
w/ 2min recovery rowing (nice & easy)
between each set

workout 4: long

6x 2000 meters | 3-minutes easy
strong effort
w/ 3min recover rowing (nice & easy)
between each set