



500 meters Distance Pieces

(for beginners, intermediate to advanced rowers)

Warm Up - 10 minutes

Begin with the [Slide Drill](#) and continue rowing lightly for up to 5 minutes.

Row 2 [Half Slide strokes](#) then 1 full slide stroke and repeat for 1 minute. Focus on rowing with a long stroke on the 1 full slide stroke.

Last 4 minutes - include 3 x 10 [Stroke build](#), building up the stroke rate & intensity to plus 30spm

Main Workout – Timed Distance Pieces

Have your workout log or pen and paper on hand to record your time achieved for each distance.

Row 500 meters at 24-26spm and record your time

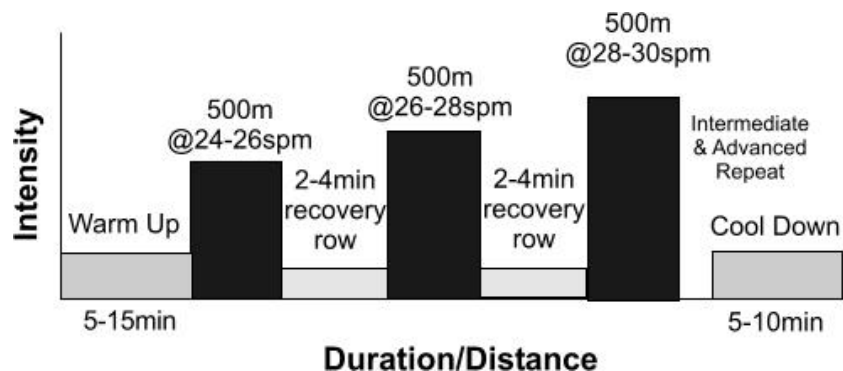
Recovery for no more than 2 minutes (beginners recover for no more than 4 minutes)

Row 500 meters at 26-28spm and record your time

Recovery for no more than 2 minutes (beginners recover for no more than 4 minutes)

Row 500 meters at 28-30spm and record your time

Repeat the 3 x 500 meters at each stroke rate range and try to better your time for each 500 meters.



Cool Down - 5 minutes

Light rowing with 10 pauses at [Check Point 1](#), the [Release Position](#), every stroke, hold position for 5 up to 10 seconds focusing on strong abdominals and posture.

[Stretch](#) - 5 minutes

The information given above and in the relevant pages is not intended to be a substitute for medical advice. WaterRower accepts no responsibility for any injury caused by the information presented here. Please consult a physician before starting an exercise program.