

#1 Technique



Topic: Control the wrist height

Objective: Horizontal wrist position during the motor phase.

Training: **10x1' w/1' int (18/20 spm) R: 3/4**

 Beginner	 Intermediate	 Advanced
5	8	12

Success: Number of consecutive strokes in each set

Tip:

Instead of thinking about the height of the handle, focus on feeling the chain: as soon as you extend your legs, the handle "comes with the chain," without any jumps or slack in the pull.

#2 Technique



Topic: Motor phase sequence

Objective: Leg/trunk/arm connection

Training: 5x2' w/2' int (18/20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: 30" leg + 30" leg/torso + 1' continuous

Tip:

Think about the order: first push with your legs, then tilt your torso, only at the end pull with your arms — one thing at a time, without mixing them up.

#3 Technique



Topic: Recovery phase sequence

Objective: Arm/trunk/leg connection

Training: 5x2' w/2' int (18/20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: 30" stop 1 + 30" stop 2 + 1' continuous

Tip:

During recovery, mentally count 1–2–3 up to the front at low tempos.

#4 Technique



Topic: Loose feet

Objective: Constant acceleration

Training: 10x1' w/1' int (18/20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
5	8	12

Success: Number of consecutive strokes in each set

Tip:

Maintain contact with your feet on the footrest.

#5 Resistance



Topic: Pyramid of minutes 1

Objective: Increase the continuous rowing time.

Training: 1'/1'/2'/3'/3'/2'/1' w/1' int (18/20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: Maintain partial results in all series.

Tip:

Choose a comfortable pace right from the first set and try to "copy" that pace in all the following sets, as if it were a photocopy.

#6 Resistance



Topic: Pyramid of minutes 2

Objective: Increase the continuous rowing time.

Training: 2'/3'/4'/3'/2'/1' w/1' int (18/20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: Maintain partial results in all series.

Tip:

In longer sets, think about fuel efficiency: long strokes, loose shoulders, and rhythmic breathing to endure the entire block without "burning out."

#7 Resistance



Topic: Cadence control 1

Objective: Constant cadence

Training: 2x8' w/4' int (90" on / 30" off) 18/20 spm R: 3/4

 Beginner	 Intermediate	 Advanced
2x8'	2x10'	1x20'

Success: Maintain cadence in all sets.

Tip:

Look at the SPM like a metronome: choose 18 or 20 and count 1–2–3–4 to the rhythm of your rowing strokes so you don't lose the cadence.

#8 Resistance



Topic: Cadence control 2

Objective: Cadence control

Training: 4x3' (1' 18spm, 1' 20spm, 1' 22spm) w/2' int R:
3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: Control cadence in all sets.

Tip:

During recovery, mentally count 1–2–3 up to the front at low cadences; slightly shorten this count when you increase to 20 and 22 spm.

#9 MVIT



Topic: Pyramid of rows 1

Objective: Controlling the number of strokes per set.

Training: **5-10-15-20-15-10-5 strokes (28 spm) with 3' rest.**
Rest: 3/4

 Beginner	 Intermediate	 Advanced
2x	3x	4x

Success: Perform the exact number of strokes in each set with good technique.

Tip:

Count aloud or mentally — each stroke counts.

#10 MVIT



Topic: Pyramid of rows 2

Objective: Controlling the number of strokes with progressive effort.

Training: **10-15-20-20-15-10 strokes (28 spm) with 3' rest.**
Rest: 3/4

 Beginner	 Intermediate	 Advanced
2x	3x	4x

Success: Perform the exact number of strokes in each set with good technique.

Tip:

In sets of 20 strokes, maintain the pace — don't speed up at the end.

#11 MVIT



Topic: Interval 1:1 (high cadence)

Objective: Alternate between work pace and active recovery.

Training: 1' 24 spm + 1' int (20 spm) R: 3/4

 Beginner	 Intermediate	 Advanced
5x	7x	10x

Success: Maintain the defined cadence in each phase without losing technique.

Tip:

The interval at 20 spm is active recovery — not stopping, it keeps the rowing fluid.

#12 MVIT



Topic: 3-minute pyramid

Objective: Variation in cadence within each set.

Training: 2' 20spm + 1' 24spm + 30" 28spm + 90" 20spm
R: 3/4

 Beginner	 Intermediate	 Advanced
2x	3x	4x

Success: Transitioning between cadences without losing posture or partial movement.

Tip:

Prepare for the change in cadence 2–3 strokes beforehand — don't change suddenly.

#13 MVIT



Topic: Interval 1:1 (low cadence)

Objective: Low cadence control with active recovery

Training: 1' 16spm + 1' 20spm w/2' int R: 3/4

 Beginner	 Intermediate	 Advanced
3x	4x	5x

Success: Maintain the defined cadence in each phase without losing technique.

Tip:

At 16 spm, each stroke must be long and powerful — quality over quantity.

#14 Strength/Power



Topic: Contrast hard/low 1

Objective: Alternate intense effort with low-cadence active recovery.

Training: 30" hard + 90" low w/2' int R: 6/8

 Beginner	 Intermediate	 Advanced
3x	4x	5x

Success: Maintain the intensity difference between hard and low in all sets.

Tip:

On hard, increase power — not cadence. On low, recover with technique.

#15 Strength/Power



Topic: Contrast hard/easy strokes

Objective: Alternate maximum effort rowing with recovery rowing.

Training: **5 hard strokes + 10 easy strokes with 4' interval**
R: 3/4

 Beginner	 Intermediate	 Advanced
5x + 5x	6x + 6x	8x + 8x

Success: Maintain the intensity difference between hard and easy in all sets.

Tip:

In hard strokes, focus on accelerating the paddle stroke — in easy strokes, focus on smooth recovery.

#16 Strength/Power



Topic: Contrast hard/low 2 (double block)

Objective: Combining two blocks of different intensity in the same session

Training: 2x (30" hard + 90" low) w/2' int R: 6/8 + 2x (30" hard + 90" low) w/2' int R: 3/4

 Beginner	 Intermediate	 Advanced
RPE 4–5	RPE 5–6	RPE 6–7

Success: Maintain the intensity difference between the blocks and within each block.

Tip:

The second block is lighter — use it to solidify the technique with less effort.

#17 Challenge



Topic: Group synchronization

Objective: Following the pace of a rotating leader over a defined distance.

Training: Set a total distance. The leader changes every 500m. The others follow the leader's speed (they can cover the display). Variant: only the leader sees the speed.

 Beginner	 Intermediate	 Advanced
1500m total	2000m total	2500m total

Success: Maintain synchronization with the leader in each 500m block.

Tip:

Observe the leader's movements — not just the numbers. Row with your eyes and ears.

#18 Challenge



Topic: Relay race (km) per team

Objective: Divide the total distance among the team, with autonomous management of the distribution.

Training: Define a total distance and divide it by the number of players. The team decides how many meters each player rows. The coach can set minimum and maximum speeds per minute (SPM).

 Beginner	 Intermediate	 Advanced
2000m team	3000m team	4000m team

Success: Complete the total distance as a team within the defined time or spm.

Tip:

Communicate with the team before you begin — strategy is part of the challenge.

#19 Challenge



Topic: Cadence competition without looking at the dial.

Objective: Maintain a defined average cadence without visual feedback.

Training: The coach sets a distance. Halfway through the course, they cover the display. The final average SPM must be the previously defined one. Paired variant: the partner gives instructions to correct the average.

 Beginner	 Intermediate	 Advanced
500m (spm set by the coach)	750m (spm defined by the coach)	1000m (spm set by the coach)

Success: Achieve the defined average SPM at the end of the course (tolerance ± 1 SPM)

Tip:

Get a feel for the rhythm before covering the dial — count mentally if necessary.

#20 Challenge



Topic: Power competition without looking at the display.

Objective: Maintain a defined average partial score without visual feedback.

Training: The coach sets a distance. Halfway through the course, they cover the display. The final average split time must be the previously defined one. Pairs variation: the partner gives instructions to correct the average split time.

 Beginner 500m	 Intermediate 750m	 Advanced 1000m
(split time defined by the coach)	(split time set by the coach)	(split time defined by the coach)

Success: Achieve the defined average split time at the end of the course (tolerance ± 5 sec)

Tip:

Feel the pressure on the paddle — the partial time is a feeling, not just a number.