

10 mins stretching concentrate on legs hip flexors and some upper body.

500m row Easy ( 30 secs easy)

300m row HRZ3 (30 secs easy)

100m row HRZ4 (20secs easy)

static bike 20mins heavy resistance. HRZ3

500m row HRZ3 (25 secs easy)

300m row HRZ4 (20secs easy)

100m row max effort (15secs easy)

static bike 15min moderate resistance. HRZ4

500m row HRZ4 (1min easy)

300m Max effort (45secs easy)

100m fastest pace!!

10 mins stretching.