

30-MINUTE WORKOUTS

You're a busy person.

Perhaps you're upwardly and geographically mobile; or barely keeping up with a busy household of kids; or overwhelmed with great ways to spend your time during retirement. No matter the situation, time is precious. And so is your health. You need to keep fit. Your Concept2 Indoor Rower can help.

These thirty-minute workouts will get you through the week, maintain and even boost your fitness and your strength, and leave you ready for weekend adventures.

Most of these workouts are interval workouts, meaning there is an alternation of hard work with easy rest. Intervals are a very effective way of increasing both aerobic and anaerobic capacity in a minimal amount of time.

If you haven't been rowing regularly, we recommend at least a week of easy to moderate rowing before taking on these workouts. And remember to warm up before every row!

The Warm-up	The Details
Start each workout with the following 5 minute warm-up:	Row easily, gradually building pressure for the first two minutes. Then row 10 strokes moderately hard, 10 easy, 20 a little harder, 10 easy, 10 hard, 10 easy, 10 very hard, then row easy until you hit 5 minutes.

You now have 24 minutes for your workout, leaving an extra minute for a cool-down of easy "paddling" at the end. Choose any of the following workouts.

The Workout	The Details
Alternate 1 minute of hard rowing with 30 seconds of easy rowing.	Start with 10 of these, and work up to as many as 15. In the middle of the workout, take one interval at a slower pace, so that you can maintain good intensity on the rest of them.
Alternate 2 minutes of hard rowing with 2 minutes of easy rowing.	Do 4 to 6 of these intervals. You've got plenty of rest, so these intervals should be done at good intensity.
Alternate 4 minutes of hard rowing with 2 minutes of easy rowing	These intervals should be done at a moderately intense pace, not at max. This makes them "threshold intervals," a great tool for improving your aerobic capacity. Start with two or three of these.
Alternate 8 minutes of hard rowing with 4 minutes of easy rowing.	For this workout, aim for a steady pace that you can maintain for the entire 8 minutes. Better to start a little slowly than to start too hard, resulting in a serious fade. If you feel great in the last couple minutes, you can increase the intensity.
Work pieces: 1 minute, 2 minutes, 3 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute. 1 minute rest in between work pieces.	This pyramid workout offers a nice variety of interval lengths. Keep the pace moderately intense on the way up the pyramid, and then work toward max intensity on the way back down.
Work pieces: 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute. 1 minute rest in between work pieces.	In this workout, each successive interval gets shorter by a minute. Psychologically, this makes it easier for you to push the intensity higher on each piece.
Alternate 1:45 minutes of hard rowing with 15 seconds of easy rowing	These short-rest intervals keep your heart rate up for entire workout; yet the short rest is enough to enable you to start each interval strong. Do a set of 4-5 of these; row easy for one cycle, then do 4-5 more.
Alternate 40 seconds of hard rowing with 20 seconds of easy rowing.	These short intervals result in a great workout, even on a day when you're having trouble getting going. Start easy, and build intensity through your session.
Alternate 500 meters of work with 1 minute of rest.	Note: This is a great workout that is pre-programmed into the PM as a Standard Workout. Start with four 500 meter pieces and build from there.
Alternate 30 seconds of work with 30 seconds of rest.	Here's another great workout that is pre-programmed into the PM as a Custom Workout!