



Team BWS

Workouts for Speed Training

Workout 1

3 x 8 100m row at maximum pace—40 seconds recovery between reps, 3 minutes between sets. Target pace: 1:26/500m.

Workout 2

3 x 8 10 second sprint / 10 seconds easy / 10 second sprint at maximum pace—1 minute recovery between reps, 3 minute recovery between sets. Target pace: 1:25–28/500m for sprint; sub 1:50s/500m for cruise.

Workout 3

10 x 200m rowing sprints, with 2 minutes between sprints.

Workouts for Speed Endurance

Workout 1

500m intervals—2 minute recovery between reps, do as many reps as possible and record them. Target pace: Sub 1:40/500m.

Workout 2

6 x 500m intervals—2 minute rest between reps

3 x 250m intervals—1 minute rest between reps

Target pace: Sub 1:35/500m for all six 500m intervals; sub 0:55/250m for all three 250m intervals; maintain a drop off of less than 10 seconds for both 500m and 250m.

Workout 3

Interval sessions of 50m up to 500m, increasing 50m per interval, and back down. Max pace for all reps, 1:1 work to rest ratio.

Workout for Endurance

5 x 1000m rows with 2 minutes between reps, followed by a 5000m straight row. Target pace: All 1000m reps sub 3:15/1000m.

Humility Enjoyment Resilience Respect Discipline