



INDOOR ROWING

5-Day Sample Program



Session 1 (Single Distance)

8000m, 20 s/m

Set your monitor for "Single Distance" > "8000m" > 1000m splits

(If you have a 2k PR time, your target speed should be 2k + 17-18 seconds)

Focus on technique, stroke rate consistency, and speed (split) control. The goal of this session is to maintain the same rate and speed through the entire piece.

Session 2 (Interval Sprint)

5x 750m/rest 3:00

Set your monitor for "Interval: Distance" > 750m > Rest 3:00

Stay consistent on the first four sets and finish with a "fast last". If you know your 2k PR pace, your target should be 2k + 2-3 seconds.

Session 3 (Interval Variable)

- 10:00 rate 20
- 8:00 rate 22
- 6:00 rate 24
- 4:00 rate 26
- 2:00 rate 28
- (Rest 2:00 between sets)

Set your monitor for "Interval: Variable"

- Int 1 10:00/rest 2:00
- Int 2 8:00/ rest 2:00
- Int 3 6:00/rest 2:00
- Int 4 4:00/ rest 2:00
- Int 5 2:00/rest 0:00

Target 2k + 17-18 for the r20. Increase pace by 2/3/4/5 seconds with each set.



Session 4 (Interval Distance)

5x 1000m/rest 3:00

Set 1 @ 20 s/m, Set 2 @ 24 s/m, Set 3 @ 28 s/m, Set 4 @ 24 s/m, Set 5 @ 20 /m

Set your monitor for "Interval: Distance" > 1000m > rest 3:00

Target 2k + 17/18 seconds for the r20. Increase pace by 4-5 seconds for the r24 and a further 4-5 seconds for the r28.

Session 5 (Single Time)

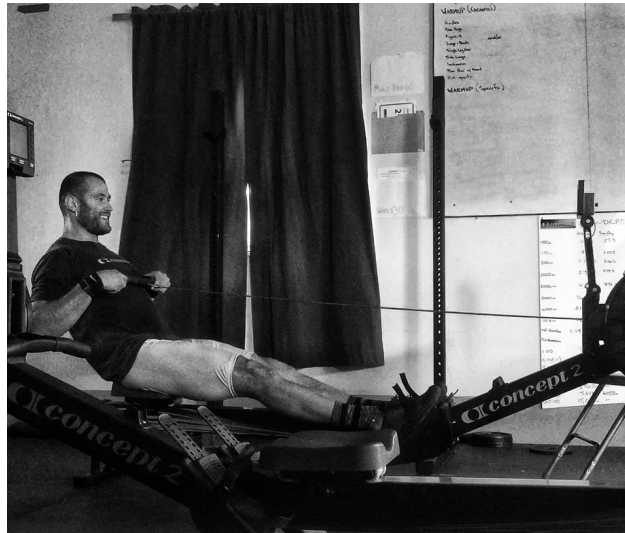
30:00 at 18 s/m

Set your monitor for "Single Time" > "30:00" > 5:00 splits

Target 2k + 19-20 seconds. Stay close.



ABOUT THE COACH:



JUSTIN FARINA, OCT, B.Ed., B.Sc., CF-L1

1st Place – 2018 Row'd Royalty

3rd Place – 2017 & 2019 Row'd Royalty

3rd Place – 2017 & 2018 World Indoor Virtual Sprints

1000m (2:47.9) 2000m (5:59.7)

5000m (16:00.9) 6000m (19:34.0)

10k (34:17.6) 60:00 (17156m)

Discovering CrossFit in November of 2005 was a life-changing event for the former Division-I athlete. For years, the standard bodybuilding/cardio model of “fitness” was all he knew. Reading Coach Glassman’s breakthrough article, [“What is Fitness”](#), changed everything. Since then, **Variance**, **Functionality**, and **Intensity** have been the cornerstones of his life.

Training privately since 2006, Justin has accumulated countless hours of experience working with hundreds of athletes in parks, in gyms, on tracks, and in his garage.

Learn more about our ONLINE MEMBERSHIP by visiting

www.garageathletefitness.com/membership

