



HIIT ROWING MACHINE WORKOUTS

The rowing machine is a fantastic all-body conditioning tool and is a piece of cardio kit that lends itself well to HIIT workouts. Assuming it's a concept 2.





WORKOUT 01

THE 2K SPRINT

Set the rower on resistance level 10. Next, head to the interval menu and set it to 100m sprints with a 20 second recovery.

Row as fast and hard as you can on each interval until you've completed all 20 intervals.

WORKOUT 02

ROWING MACHINE LADDERS

This workout is a series of descending distance sprints. The rest period is longer than the work set, despite them being equal in distance. This is because the recovery set is at a slower pace, taking longer to cover equal distance.

- Sprint 1: 500m, row slowly for 500m to recover.
- Sprint 2: 400m, row slowly for 400 to recover.
- Sprint 3: 300m, row slowly for 300m to recover.
- Sprint 4: 200m, row slowly for 200m to recover.
- Sprint 5: 100m, row slowly for 100m to recover.

If you have anything left in the tank, repeat the session!

WORKOUT 01

FAST / SLOW REPEATS

Here we alternate fast and slow rowing for 10 minutes. The rest periods are exactly the same length of time as the work sets.

Sprint row for 15 seconds, row slowly to recover for 15 seconds. Keep this up for 10 whole minutes.



WORKOUT 04

THE LONG SPRINT

This workout is designed to emphasise speed endurance. It's a series of long sprints but there is sufficient recovery in between. It's tough!

- 1000m Row as fast as possible (AFAP)
- 3 minutes rest
- 750m Row (AFAP)
- 2 minutes 30 seconds rest
- 500m Row (AFAP)
- 2 minutes rest
- 250m Row (AFAP)
- 1 minute 30 seconds rest
- 750m Row (AFAP)

WORKOUT 05

ON / OFF SPRINTS

This HIIT rowing workout is as simple as they come. Simply row as fast as you can for 20 seconds, then rest completely for 20 seconds.

Keep this up as long as you can.

WORKOUT 06

3 x 3 x 3

In this workout you sprint 300m for 3 separate reps and repeat three times...

- Row 300m (AFAP)
- Rest 60 seconds
- Row 300m (AFAP)
- Rest 60 seconds
- Row 300m (AFAP)
- Rest 60 seconds

Repeat x 3



WORKOUT 07

TABATA SPRINTS

As with all Tabata protocols, we work for 20 seconds, rest for 10 seconds.

- Sprint 20 seconds
- Rest 10 seconds

Repeat for 4 minutes (or as long as you have the energy to keep the intensity high).

WORKOUT 08

THE 3, 2, 1

Sprint for 300m, drop to 50% speed for 200m and slow right down for 100m.

Repeat as many times as you can.

WORKOUT 09

THE OLYMPIAN

The Olympic Track sprint distances are 100m, 200m and 400m. In this workout we do them all.

- Sprint 100m
- Rest for 20 seconds
- Sprint 200m
- Rest for 40 seconds
- Sprint 400m
- Rest for 2 minutes

Repeat as many times as you can.



WORKOUT 10

THE LONG SPRINT GOODBYE

This workout is simple to understand but hard to do.
We are pushing your sprinting ability to the limit here:

- 45 second sprint
- 1 minute recovery

Beginners repeat x 5. Intermediates repeat x 7. Advanced repeat x 10.

