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Questions? Need a training plan? Coaching? Contact: neil@coachbergenroth.com

Example Rowing Fartlek Workout #1

Title: 10 Stroke Pieces.

Warm Up: 15 - 20 minutes paddle at +20/25 seconds of 2k split. Perform 5 x 20 strokes slowly building the rate each successive 20 stroke piece.

Work: (10 strokes on, 10 strokes easy paddle) x 10.

Rate changes: Suggested: start at 20 spm and increase the rate by 2 each 10 stroke cycle

Rest: 4 minutes between sets of 10.

Repetitions: 3 times.

Total Fartlek Strokes: 300

Cool Down: 20 minutes light paddle.



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Example Rowing Fartlek Workout #2

Title: 30 Stroke Rate Builds.

Warm Up: 15 - 20 minutes paddle at +25 seconds of 2k split. Perform 5 x 20 strokes slowly building the rate each successive 20 stroke piece.

Work:

	0 - 10 Strokes	11 - 20 strokes	21 - 30 strokes
Piece # 1	@ 24 spm	@ 26 spm	@ 28spm
Piece # 2	@ 26 spm	@ 28 spm	@ 30 spm
Piece # 3	@ 30 spm	@ 32 spm	@ 32 spm
Piece # 4	@ 30 spm	@ 32 spm	@ 32spm
Piece # 5	@ 32 spm	@ 32 spm	@ 34 spm
Piece # 6	@ 34 spm	@ 36 spm	@ 36 spm
Piece # 7	@ 34 spm	@ 36 spm	@ 38 spm
Piece # 8	@ 36 spm	@ 38 spm	@ 40 spm

Rest: 2 minutes light paddle between each set of 30 strokes.

Repetitions: 8 pieces of 30 strokes.

Total Fartlek Strokes: 240 strokes.

Notes: Make the rate changes with **power** and **not slide speed**.



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Example Rowing Fartlek Workout #3

Title: Pyramid Fartlek

Warm Up: 15 - 20 minutes paddle at +25 seconds of 2k split. Perform 5 x 20 strokes gradually building the rate each successive 20 stroke piece.

Work: 10 strokes on, 10 strokes paddle, 20 strokes on, 20 strokes paddle, 30 strokes on, 30 strokes paddle, 20 strokes on, 20 strokes paddle, 10 strokes on and then rest 3 minutes, repeat x 3 or 4 times.

Rate changes: Choose a rate to perform each pyramid at. For example, 26 spm or 32 spm.

Rest: 5 minutes rest or light paddle between a pyramid set.

Repetitions: 3 or 4 times.

Total Fartlek Strokes: 270 - 360 strokes.

Cool Down: 20 minutes light paddle.