

<b>Training</b>	<b>Vcirc</b>	<b>9-Step Ladder Moderate/ Aerobic</b>
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*'Rowing is the graceful art of balance and rhythm complimented by power'*

**First, an Important Note: I am not a medical professional. Be sure to talk with your own medical practitioner about your plans for exercise. The following information comes from personal experience but should not be considered a medical recommendation.**

**9-Step Interval Workout**

**9 Step Interval Workout: Moderate Level**

This interval routine is part of the *Custom* workouts programmed on your monitor. This is a moderate/aerobic version based on your 4-min Average split rate

**The Ladder:** Since my 4min overall was a 2:10/500 split, **Step 4 & 6 = 2:10/split**. All others vary by **5 sec** leading up from **Step 1 to Step 4** and leading down from **Step 6 to Step 9**. **Fill in your own grid**. Each Step provides for a **20 second rest**. **Step 5** is all out and provides a **2 min rest**. Always continue to row slowly during the **Rest Period**. Follow the **Stroke rate** indicated here. Remember: *slow and easy* perfects not only your rowing technique but also your power and rhythm. *Double breathing* at low stroke rates also helps to slow down your stroke.

**Example:** My 4 min test average split was 2:10

Step	Split/	Stroke rate/minute	Hrt Rate Av	Time
<b>1</b>	<b>2:25</b>	<b>18</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>2</b>	<b>2:20</b>	<b>18</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>3</b>	<b>2:15</b>	<b>20</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>4</b>	<b>2:10</b>	<b>22</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>5</b>	<b>All Out</b>	<b>26/28</b>		<b>1 minute 40 secs</b>
Rest	Easy			<b>2m minutes</b>
<b>6</b>	<b>2:10</b>	<b>22</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>7</b>	<b>2:15</b>	<b>20</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>8</b>	<b>2:20</b>	<b>18</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds
<b>9</b>	<b>2:25</b>	<b>18</b>		<b>1 minute 40 secs</b>
Rest	Easy			20 seconds

Note: Increase or decrease Step#1 by 5 seconds if you find the ladder too hard or too easy. Then adjust each step accordingly. Also: I generally 'cheat' on the last interval and crank it up like interval #5.

**Monitor Setting**

Here are the steps to find the **9 Step Workout** on the PM3/4/5 monitors

**Menu/Back** = until the **Main Menu** appears with **Just Row** at the 1st button

Choose= **Select Workout**

Then= **Custom List**

Then= **v1:40/:20r...9**

Review

Then = **Continue** and you are all set to start.

To review your workout after you have finished:

**Menu/Back** = until the **Main Menu** appears with **Just Row** at the 1st button

Choose= **More Options**

Then= **Memory**

Then= select your date and workout and choose the **Spy Glass** button to review your workout results.