



The Rowing Rush™

Powered by WaterRower®, Produced by SGT KEN®

Program Theory

1. Program target: Perform High Volume Interval Training (HVIT) at adjusting self-paced intervals.
2. Program format: *Free-style Circuit Fitness Training (repetition or distance race)* in three phases: Warm-up, Free Circuit phase, and Cool-down.
3. Program focus: The Rowing Rush is a relay race that promotes teamwork and community.
4. Program procedures: Separate the participants into teams of three athletes each. The goal is to reach 10,000 meters of total distance between three athletes on one WaterRower and attempt to achieve the best race time. Each athlete must complete a minimum of two legs of the race. Each leg is determined by tempo changes. When an athlete dramatically decreases the strokes per minute tempo during a leg of the race, another rested team member may elect to take-over the role of the rower. As each team completes the race, their time is recorded in order to determine 1st, 2nd and 3rd place contestants.
5. Exercise-science elements: PROGRESSION, VARIETY and PRECISION. Progression is the learning process of mastering the skill. Athletes are directed to perform movements with gradual progression and increase limits, when ready. Variety includes movements during the progression process to improve performance. Precision is the process of achieving precise targets of proper performance.

The Rowing Rush™ Powered by WaterRower®, Produced by SGT KEN®

Program Theory continued

5. References:

- a. WaterRower® Crew Coach Manual (AUG2018)
- b. US Army Field Manual 6-22: Leader Development (JUN2015)
- c. US Army Doctrine Reference Publication 6-22: Army Leadership (AUG2012)
- d. US Army Field Manual 7-22: Army Physical Readiness Training (OCT2012)

Warm-Up Phase

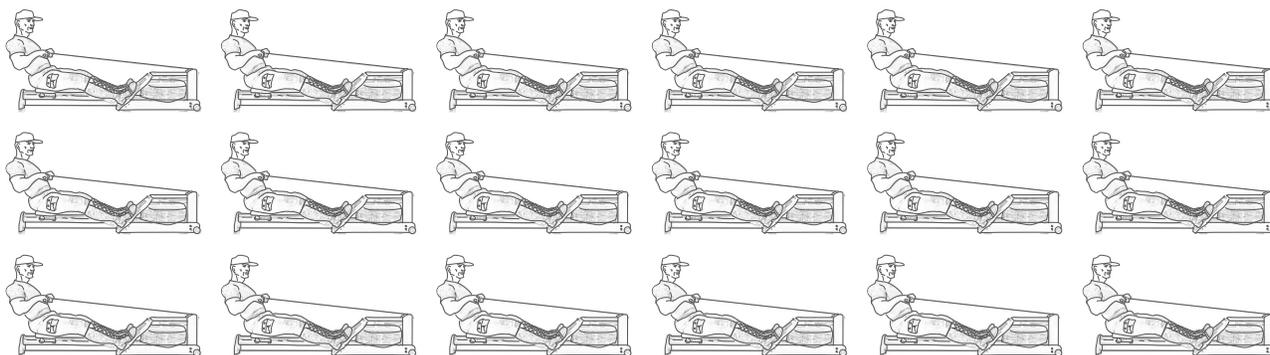
Orientation and Application: Perform 2-3 minutes of WaterRower® movements at 40-50% output, getting familiar with the WaterRower® machine and the posture necessary for optimal performance.

Dynamic Flexibility: Perform 2-3 minutes of dynamic flexibility exercises.

Free-style Circuit (Fitness Challenge) Phase

Timing based on relay race participation	WaterRower®
CHALLENGE ROUND:	First Crew to reach 10k m.

FLOOR PLAN: ROWING RUSH™



Column Formation

Cool-down Phase

Dynamic or Static Flexibility: Perform 2-3 minutes of dynamic or static flexibility exercises.

Conclusion: Review of workout and Q&A period.