

Concept 2 Rower Tabata Sprint Training

Week 1:

20:10 **20 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 5

Week 2:

30:10 **30 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 5

Week 3:

40:20 **40 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 5

Week 4:

50:20 **50 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 5

Week 5:

60:20 **60 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 5

Week 6: Re-assessment at 2000 meters (checking progress)

20:10 **20 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 6

Week 7:

30:10 **30 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 6

Week 8:

40:10 **40 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets
DAMPER SETTING: 6

Week 9:

50:20 **50 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 6

Week 10:

60:20 **60 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 6

Week 11 Re-assessment at 2000 meters (checking progress)

20:10 **20 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 7

Week 12:

30:10 **30 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 7

Week 13:

40:10 **40 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 7

Week 14:

50:10 **50 seconds sprinting** (fast row for highest wattage) followed by **10 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 7

Week 15:

60:20 **60 seconds sprinting** (fast row for highest wattage) followed by **20 seconds jog** (slow row half the wattage). Monday: 8 sets; Wednesday: 10 sets; Friday: 12 sets

DAMPER SETTING: 7

You continue until you reach the level 10 on the Damper setting and complete one cycle at level 10 before final re-assessment. This is 21-week training cycle. This cycle can be flexible in terms of the more advanced athlete jumping to a higher damper setting earlier.

If you have an I-phone, there is a **“Tabata Pro”** app that can aid you in the Tabata sprinting.