


# 21-Day Training Plan for Rowing Machine

*How to Improve Your 500-Meter Split*



<input checked="" type="checkbox"/> EXAMPLE <b>CARDIO</b> 20 min DAY 1	<input type="checkbox"/> <b>ROW</b> 30 min DAY 2	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 3	<input type="checkbox"/> <b>STRENGTH</b> 30 min DAY 4
<input type="checkbox"/> <b>CARDIO</b> 45 min* DAY 5	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 6	<input type="checkbox"/> <b>CORE</b> 20 min** DAY 7	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 8
<input type="checkbox"/> <b>ROW</b> 30 min DAY 9	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 10	<input type="checkbox"/> <b>STRENGTH</b> 30 min DAY 11	<input type="checkbox"/> <b>CARDIO</b> 45 min* DAY 12
<input type="checkbox"/> <b>ACTIVE REST</b> DAY 13	<input type="checkbox"/> <b>CORE</b> 20 min** DAY 14	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 15	<input type="checkbox"/> <b>ROW</b> 30 min DAY 16
<input type="checkbox"/> <b>ACTIVE REST</b> DAY 17	<input type="checkbox"/> <b>STRENGTH</b> 30 min DAY 18	<input type="checkbox"/> <b>CARDIO</b> 45 min* DAY 19	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 20
<input type="checkbox"/> <b>CORE</b> 20 min** DAY 21	<input type="checkbox"/> <b>ACTIVE REST</b> DAY 22	 <b>GREAT WORK!</b>	

\*This workout can be shortened.

\*\*Add cardio to this workout if time permits (preferably rowing).