

2K Row PR PACED ROWING METHOD

PACED ROWING METHOD						
Enter Goal 2k =>						
Goal 500m Split						
	Date	Distance at Goal 2k Pace	Recovery Distance	Sprint to Finish	2K Time	Notes
Day 1		600m	1100m	300m		
Day 2		700m	1000m	300m		
Day 3		800m	900m	300m		
Day 4		900m	800m	300m		
Day 5		1000m	700m	300m		
Day 6		1100m	600m	300m		
Day 7		1200m	500m	300m		
Day 8		1300m	400m	300m		
Day 9		1400m	300m	300m		
Day 10		1500m	200m	300m		