

2K Row PR WEAKNESS WARM UP METHOD

10 Day Row Weakness Warm-Up Method				
Baseline 2k Row Time:				
	Distance	Time	Instructions	Subject Notes
Day 1	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 2	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 3	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 4	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 5	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 6	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 7	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 8	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 9	2K		Row at a comfortable pace, if it feels good, push for a PR	
Day 10	2K		Row at a comfortable pace, if it feels good, push for a PR	