

## 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 (7): **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 8: 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 9: 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: 6**

Week 10: 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 11: 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 12 (13): **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 14: 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 15: 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: 7](#)

Week 16: 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: 7](#)

Week 17 (18): 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.