**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 advance 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.