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 a 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.