



# ROW'D ROYALTY

(415) ROW-LONG ext. 20.3

## 2020 Workout 3 - "(415) ROW-LONG"

Row 4000m, rest 3 mins, then,

Row 1000m, rest 3 mins, then,

Row 5000m.

### SCORE

- 20.3A: 1000m Row Time.
- 20.3B: 10,000m Row Time.

### Team Scores:

- 20.3A: 1000m Row Times, Combined
- 20.3B: 10,000m Row Times, Combined

### MONITOR INSTRUCTIONS

You **MUST** use the "Intervals Variable" feature and set your rest to "3:00" after each distance.

- [Select Workout] > [New Workout] > [Intervals Variable]
- Interval 1: [Distance] > 4000m, Rest=3:00 > ✓
- Interval 2: [Distance] > 1000m, Rest=3:00 > ✓
- Interval 3: [Distance] > 5000m, Rest=0 > ✓
- Interval 4: [No More Intervals]

Rolling Starts are acceptable (begin rowing before rest is completed).

RESULTS DUE BEFORE MONDAY, FEB 3rd @ 6PM.

You **MUST** use the "Memory/Date" feature to locate & score your workout. Select the workout and take a picture of the screen. Upload a picture of your screen with each score!

**Team Captains:** Team score does NOT need a photo. Enter each teammate's times for each workout.

**Important:** PLEASE BE SURE TO SET REST FOR 3 MINUTES!

