

# 3 Rowing Machine Workouts for Runners

**Meta Description:** Enhance your running performance with 3 specialized rowing machine workouts that improve endurance, strengthen muscles, and reduce injury risk.



**Caption:** Rowing machines can be a fantastic addition to a runner's workout routine. They offer a full-body workout that enhances cardiovascular health, builds strength, and provides a low-impact alternative to running.

**Alt text:** A woman using a SOLE SR550 Rowing Machine

## Key Takeaways

- Rowing is an excellent cross-training tool for runners, helping to improve endurance and reduce injury risk.
- Three types of rowing workouts can benefit runners: endurance building, high-intensity intervals, and strength and power sessions.
- Endurance rowing workouts help maintain a steady pace and build stamina over longer durations.
- High-intensity interval rowing workouts increase cardiovascular fitness and mimic the intensity of running sprints.
- Our [SR550 Rowing Machine](#)'s realistic "on the water" motion provides low-impact cross-training for runners.

# Benefits of Rowing for Runners

## Cross-Training Advantages

Cross-training is essential for runners looking to enhance their performance and prevent burnout. Rowing provides a break from the repetitive motion of running while still offering a challenging workout.

## Boosting Endurance and Stamina

The steady, rhythmic motion of rowing helps with cardiovascular endurance, which translates to improved running stamina.

## Injury Prevention and Recovery

[Running can be hard on the joints](#), especially with high mileage. Rowing is a low-impact alternative that reduces stress on the knees, hips, and ankles. This makes it an excellent option for injury prevention and recovery.

At SOLE, we're proud to offer top-quality exercise equipment designed for home and gym use. Our machines are built to meet the highest standards of durability and performance, making them ideal for fitness enthusiasts at any level.

### SOLE Products

- [SOLE Treadmills](#): Engineered for durability and performance, these treadmills feature advanced cushioning, quiet motors, and spacious running surfaces for a comfortable workout.
- [SOLE Ellipticals](#): Built for smooth, quiet operation, these ellipticals offer adjustable stride lengths, incline options, and heart rate monitoring for a full-body workout.
- [SOLE Bikes](#): Designed for comfort and efficiency, these bikes provide a quiet, stable ride with adjustable seating, user-friendly consoles, and heart rate monitor compatibility for all fitness levels.
- [SOLE SRVO](#): With a sleek, compact design and motorized resistance system, this innovative weightlifting solution makes strength training effortless and efficient. Built-in transport wheels ensure effortless movement and storage.
- [SOLE Strength](#): From adjustable dumbbells to Olympic barbells, these strength products support functional training and progressive muscle growth.
- [SOLE Rower](#): With dual magnetic and air resistance, this rower ensures a smooth, quiet experience. Adjustable foot pedals, an ergonomic seat, and a foldable design provide comfort and convenience for a full-body workout.

## Workout 1: Endurance Building

This type of workout is perfect for runners looking to enhance their stamina and maintain a consistent pace over long distances.

### Warm-Up Routine

Before starting any rowing workout, warm up properly. A good warm-up prepares your muscles and reduces the risk of injury.

Here's a simple warm-up routine:

- Do 5 minutes of light rowing at a gentle pace to increase blood flow.
- Perform energetic stretches targeting the legs, arms, and back.
- Focus on technique by practicing slow, controlled strokes.

## **Steady-State Rowing Session**

Once warmed up, it's time for the main workout. The steady-state session involves rowing at a consistent pace for a set duration.

Here's how to perform a steady-state rowing session:

- Set the rowing machine resistance to a moderate level.
- Row continuously for 20-30 minutes at a pace you can sustain comfortably.
- Focus on maintaining good form and breathing rhythmically.

## **Cool Down Techniques**

After completing the workout, you must cool down to help your body recover. Cooling down gradually lowers your heart rate and prevents stiffness.

Try these cool down techniques:

- 5 minutes of light rowing to bring your heart rate down.
- Static stretches targeting the legs, back, and shoulders.
- Hydrate well to replenish lost fluids.

## **Workout 2: High-Intensity Intervals**

### **Interval Structure**

High-intensity interval training (HIIT) on a [rowing machine](#) is a powerful way to enhance cardiovascular fitness and mimic the effects of sprinting.



**Caption:** Switch between short bursts of intense effort and periods of rest or low-intensity rowing.

**Alt Text:** An image of SR550 Rowing Machine

Here's a simple interval structure to follow:

- Warm up with 5 minutes of light rowing.
- Perform 30 seconds of all-out rowing at maximum effort.
- Follow with 1 minute of gentle rowing or complete rest.
- Repeat this cycle for a total of 10 intervals.

## Rest Periods and Recovery

Rest is just as important as the work intervals in HIIT. Proper recovery allows you to maintain high intensity during each effort.

During rest periods, focus on deep, controlled breathing to bring your heart rate down. Here are some recovery tips:

- Use active recovery by rowing at a slow pace.
- Stand up and stretch if needed during rest periods.
- Stay hydrated to replenish fluids lost during intense efforts.

## Incorporating Resistance

Higher resistance levels require more power and strength, which can be [beneficial for building muscle](#) and increasing power output.

Here's how to include resistance:

- Start with a moderate resistance level to warm up your muscles.
- Increase the resistance during the high-intensity intervals for an added challenge.
- Reduce resistance during rest periods to allow for easier recovery.

## Workout 3: Strength and Power

This workout targets the muscles used in rowing and running, such as the legs, core, and [back](#).

### Stroke Rate Variation

Varying the stroke rate can help you build power and improve technique.

Try this stroke rate variation workout:

- Warm up with 5 minutes of light rowing.
- Row for 2 minutes at a high stroke rate (24-28 strokes per minute) to focus on speed and power.
- Follow with 2 minutes at a lower stroke rate (18-22 strokes per minute) to emphasize strength and control.
- Repeat this cycle for 20 minutes.

### Resistance Settings

Using the right resistance settings can enhance the strength-building aspect of your workout. Higher resistance levels require more effort from your muscles, leading to greater strength gains.

Here's how to set the resistance:

- Begin with a moderate resistance level to warm up.
- Increase resistance during high stroke rate intervals to build power.
- Lower resistance during recovery intervals to allow for active recovery.



**Caption:** Experiment with different resistance levels to find the balance that challenges you while allowing for proper form.

**Alt Text:** A woman using the SOLE SR550 Rowing Machine

## Strength-Building Drills

Adding specific drills can help target muscle groups and improve rowing technique. These drills focus on building strength and power in the legs, core, and upper body.

Try these strength-building drills:

- **Power Strokes:** Row with maximum effort for 10 strokes, focusing on explosive power.
- **Pause Drills:** Pause at the finish position for 2 seconds before returning to the catch position, emphasizing control and strength.
- **Leg-Only Rows:** Row using only your legs, keeping your arms straight, to target the lower body.

## Integrating Rowing into Running Routine

Find a balance that complements your running goals and enhances your overall fitness.

Start by adding one or two rowing sessions per week, gradually increasing as you become more comfortable with the workouts.

## Weekly Schedule Tips

- **Monday:** Endurance rowing workout and easy run
- **Wednesday:** High-intensity interval rowing workout and strength training
- **Friday:** Strength and power rowing workout and moderate run
- **Sunday:** Long run or race day

Adjust the schedule based on your training goals, ensuring you allow time for rest and recovery.

## Balancing Intensity

Pay attention to how your body responds to the combination of rowing and running.

Consider these tips for balancing intensity:

- Listen to your body and adjust workouts as needed.
- Prioritize rest days to allow for recovery and adaptation.
- Focus on quality over quantity, ensuring each workout is purposeful and effective.

## Tracking Progress

Keep a record of your rowing workouts, noting the duration, distance, stroke rate, and resistance levels. This will help you identify patterns, set new goals, and measure your fitness gains over time.

## Support Your Stride with the SOLE SR550

As a runner, you know the importance of maintaining a diverse training routine to avoid burnout and injury. With a variety of workouts available - from endurance building to high-intensity intervals and strength-focused sessions - rowing provides a well-rounded approach to cross-training.

The SOLE SR550 is a smart addition to any runner's cross-training routine. With its ultra-smooth magnetic resistance and durable aluminum rail system, this rowing machine offers a low-impact way to build cardiovascular endurance and leg strength—without stressing your joints.

The quiet drive system and wireless resistance control make transitions seamless, so you can focus on form and intensity. Plus, its high seat position makes it easy to hop on after a long run, and the built-in workout programs (no subscription needed!) give you variety to stay motivated.

Whether you're training for a race or just want to improve your overall performance, the SR550 helps runners stay strong, balanced, and injury-free.

[Check out the SOLE SR550 now!](#)

## Frequently Asked Questions (FAQ)

## **What are the key benefits of rowing for runners?**

Rowing offers several benefits for runners, including improved cardiovascular endurance, increased muscle strength, and enhanced running posture. It is a low-impact alternative to running, reducing the risk of injury while still offering a challenging workout.

## **How often should runners use rowing machines?**

It's recommended to incorporate rowing sessions 1-2 times per week, depending on your training goals and schedule. This allows for a balanced approach to cross-training without overloading your muscles or compromising your running performance.

## **Can rowing replace running sessions?**

Rowing should not replace running sessions entirely, as running is essential for improving running-specific skills and endurance. However, rowing can be a valuable supplement to your routine, providing a break from the impact of running while still offering a full-body workout.

## **Which rowing machines complement a runner's training program?**

The [SOLE SR550](#) is a top pick for runners, offering low-impact, full-body conditioning with a smooth dual air and magnetic resistance system, a 10.1" touchscreen with built-in programs, wireless resistance controls, and an ergonomic design with a raised seat and folding frame.