



#	Session	Date and time	20-Min Distance	Avg Stroke Rate	Avg Split	Machine - Setting	Notes/Improvement
	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
	9						
	10						
	11						
	12						
	13						
	14						
	15						
	16						
	17						
	18						
	19						
	20						
	21						
	22						
	23						
	24						
	25						
	26						
	27						
	28						
	29						
	30						
	31						

For safety ensure someone is nearby and aware you are using the rowing machine.