

fitness drum  
**30 Day Rowing Challenge**

<b>Day</b>	<b>Workout</b>	<b>First 500m Time</b>
1	500m	
2	600m	
3	700m	
4	800m	
5	900m	
6	1,000m	
7	1,100m	
8	1,200m	
9	1,300m	
10	1,400m	
11	1,500m	
12	1,600m	
13	1,700m	
14	1,800m	
15	1,900m	
16	2,000m	
17	2,100m	
18	2,200m	
19	2,300m	
20	2,400m	
21	2,500m	
22	2,700m	
23	2,800m	
24	2,900m	
25	3,000m	
26	3,100m	
27	3,200m	
28	3,300m	
29	3,400m	
30	3,500m	