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## Ergo Program

No	Workout Description	Total Time/Distance	Heart rate Zone					
			T1	T2	T3	T4	T5	T6
1	100m and 500m Test (with generic warm-up)	100m/500m	0	x	x	0	x	0
2	3 x 5min on, 1 min off @ 2km target +9	15min	0	0	0	x	0	0
3	5 min tech. 1 x 15min (4,1,4,1,4,1@18-24)	15min	x	x	0	0	0	0
4	5min. tech. 1 x 15min.(5,4,3,2,1@18,20,22,24,26)	15min	0	x	x	0	0	0
5	1x19min (4/3/2/1/2/3/4) @ Rate 16/18/20/22/20/18/16	19min	x	x	x	x	0	0
6	2km Test (with generic warm-up)	2000m	0	x	x	x	x	x
7	1 x 20 min (3,1) x 5 (14,16,14,18,16,20,16,22,16,24)	20min	x	x	x	0	0	0
8	1 x 20 min (3,1) x 5 (16,20,14,22,16,24,14,26,16,28)	20min	0	x	x	x	0	0
9	2' @ 14,18,16,20,18,22,20,24,22,26	20min	x	x	x	0	0	0
10	2' @ 16,20,14,22,16,24,14,26,16,28	20min	0	x	x	x	0	0
11	on/off (16,20) 5,6,7,8,9,10,9,8,7,6,5 x 4	20min	0	x	x	0	0	0
12	1 x 21min (6,5,4,3,2,1 @ 14,16,18,20,22,24)	21min	x	x	x	0	0	0
13	1 x 21min (6,5,4,3,2,1 @ 18,20,22,24,26,28)	21min	0	x	x	x	0	0
14	2 x 1.5km @ 22/24 (recovery 3 minutes)	3000m	0	0	x	x	0	0
15	2 x 1.5km @ 26/28 (recovery 3 minutes)	3000m	0	0	0	x	x	0
16	3x1000m (20,22,20,22)x2 (22,24,22,24) x 1 change each 250m	3000m	0	x	x	0	0	0
17	1 x 30 min @ 16-18. Heart Rates Zones	30min	x	x	x	0	0	0
18	2 x 15 min steady state piece - locked as crew on sliders	30min	0	x	0	0	0	0
19	30min R20 Test (with generic warm-up)	30min	0	x	x	x	0	0
20	3x(4/3/2/1 & R18/19/21/24) 5min rest between sets	30min	0	x	x	0	0	0
21	3x10min T1,T2 (R=14-18)	30min	x	x	0	0	0	0
22	1 x 2000 @ 20, 1 x 1000m @ 22, 2 x 500m @ 24 (recovery 1:30m)	4000m	0	0	x	x	0	0
23	2 x 2000m 18,20,18,20 then 20,22,20,22 change each 500m	4000m	0	x	x	0	0	0
24	250m/500m/750m/1000m/750m/500m/250m (18,20,22,24,26,28,30) recovery 1 minute	4000m	0	x	x	x	0	0
25	250m/500m/750m/1000m/750m/500m/250m (28,26,24,22,24,26,28) recovery 1 minute	4000m	0	0	x	x	x	0
26	4 x 1000m @ 14,18,22,26 (recovery 3 minutes)	4000m	x	x	x	x	0	0
27	5 min tech. 10 x 400m recovery 1:30m	4000m	0	0	0	x	x	0
28	500 warm up / 6 x 500m (recovery 3:00m) / 500 warm down	4000m	0	0	0	x	x	0
29	2x3kms (1km@SR: 22/24/26), 10min's between sets	6000m	x	x	x	x	0	0
30	3 x 2km. 1st +12/+9/+6/Target 2nd Target/+6/+9/+12 3rd +12/+9/+6/Target	6000m	x	x	x	x	x	0
31	6km Test (with generic warm-up)	6000m	0	x	x	x	x	0
32	60min max distance open rate	60min	0	x	x	x	0	0
33	15 x 10 p/s @ 14 (recovery paddle 18spm/1 min)	PS	0	0	0	0	0	0
34	Powerstrokes 10x20str R22-30, 20sec rest	PS	0	0	0	0	0	0

Stroke Rate	H/Rate Zone
43+	T6
37-38	T5 / T6
35-36	T5
27-29	T4
22-24	T3
18-19	T2
14-16	T1