

Erg Workouts

- Alternating 45 seconds (20 Strokes) of moderately hard rowing with 15 seconds (5 Strokes) of easy rowing- make transitions smooth (20 minutes total), 5 minutes of moderate rowing, then repeat 20 minutes Alternating.
- (6 reps) 3 minutes # 24, 2 minutes @ 27, 1 minute @ 32, with 3 minutes rest in between. Split= (+) 5 seconds
- Continuous 10k with increasing intensity each 2500m. Splits= (+) 18, (+) 13, (+) 8, (+) 5.
- 4x7 minutes with 4 minutes rest in between, 5 minutes easy rowing for cool down. Split= (+) 6 @ 26-32
- 2x20 minutes, continuous Moderate Rowing (65%), Power 10 @ every 500m. Stroke Rate= 26-28
- 6 Minutes moderately hard (70%), 5 minutes moderately hard, 5 minutes moderately hard, 4 minutes moderately hard, 3 minutes a little harder (80%), 2 minutes a little harder still (90%), 1 minute as hard as you can go! Row easy 2 minutes between each piece. Stroke rates= 26-32
- 5x1000m pieces with 4 minutes rest in between. 2k pace.
- Power Pyramid to 30x4, Row easy for 3 minutes between pyramids
- 6x500m pieces with 3-4 minutes rest in between. Split= (-) 4-5 seconds. Stroke Rate=28-32
- 3x12 minutes (1 minute ½ Pressure@ 26, 1 minutes ¾ Pressure @ 28, 1 minutes Full Pressure Goal 2k Split @ 30-32—Repeat 4 times)
- 15x1:40 Work/:20 Rest. Split= (+) 4
- 2x20 minutes (80%) @ 28 (Power 10 @ every 500m mark). 4 minutes rest in between each piece.
- 5x5 minute pieces start each one with a racing start, 3 minutes rest in between. Split= (+) 2 seconds. Stroke Rate= 28-32
- 3x10 minutes (60-70%) with 2-3 minutes rest in between.