

## ERG TRAINING GUIDE

Indoor rowing is a total body workout that is used as a supplemental training tool by elite athletes around the world in paddling and rowing sports. Indoor rowing or 'erging' builds muscular endurance, cardio and is an amazing calorie blaster.

This Erg training program is tough and requires extraordinary discipline. I have found that working with a training partner or with a small group motivates individuals to push just that much harder....

***Remember 'the extra mile?..not much traffic there.***

Please, ensure you have at least one day 'completely' off from ALL your combined training activities each week.

Pat

### 9 WEEK ERG TRAINING PLAN

Frequency: Generally 2 erg workouts weekly (18-24 minutes of 'work' each session)

NOTE: Proper technique is critical in order to maximize your erg training benefits and to avoid injuries. *This program will work IF you do.*

#### LEGEND:

*spm = strokes per minute*

*x = times*

*' = minutes*

*" = seconds*

*% = level of intensity (100% refers to maximum physical output. \*\*\**

*'rest' or 'total rest' = stop rowing and rest*

*off = active rest/down pieces at 10% intensity*

*on = max intensity/power or as indicated i.e. 100% or 80% or 50%*

*pcs = training 'pieces' or 'packages'*

***\*\*\* It is important to train at 'honest' intensity levels.***

***Perform a 20" test piece at 100% intensity, maximum exertion @ 34 spm. Your 500M avg will be an indicator of 100% power.***

## START: August 20,2018

### Week # 1:

**Monday:** Intervals - Anaerobic

10' warm up @ 50 -60%

30 on/30 off ; then 45"on/30"off, 1'on/30" off, 1'15"on/30"off, 1'30"on/30"off, 1'45"on/30"off.... 2' total rest then repeat this package of intervals in reverse. ('ON' pieces between 28 and 34 spm)

**Wednesday:**

Steady Technical and Aerobic

10' warm up - It is important to stay consistent at no more than 60%.

5'x 5pcs @75% with 1' off (active rest/10%) between pieces.

Slower stroke rate between 24-30 spm

### Week #2

**Monday:**

10' warm up

6'x 4pcs @ 80%

2 minutes full rest between pieces

**Wednesday:**

10' warmup

90" x2pc @80%

3' total rest

90"x1pc @100%

3'x4 pcs @80%.. 1 total rest between pieces

### Week #3

**Monday:** 10' warm up

3' complete rest.

30"on/30" off x 12pcs @100% (explosive pcs) producing increased power and acceleration on EVERY stroke! 5' total rest

1'30"on/30"off x 4 pieces

**Wednesday: Pre-Test workout**

10' warmup

15"on/15"off x 4 pieces 100%

30"on/30"off x 4 pieces 100%

1'on/1'off x 4 pieces 100%

2'on/2'off x 2 pieces 80%

### **Week # 4**

#### **Monday:**

Self test: 2' @100%

#### **Wednesday:**

DAY OFF!

### **Week #5**

#### **Monday:**

10' warmup

2'on @ 80% - 2' total rest x 4 pcs

1'45" @ 90% - 2' total rest x 3 pcs

1'30" @ 100% - 2' total rest x 2 pcs

4' rest

5' @ 70%

#### **Wednesday: Steady Technical**

10' warmup

6' @ 75% - 2' total rest x 3 pcs

30"on/30" off x3pcs

### **Week #6**

#### **Monday:**

10' warm up

2' on/2' off @80% - x 3pcs

1'30" on/2'off @90% - x 4 pcs

4' total rest

1'45" @100%

#### **Wednesday:**

10' warmup

4' @ 80% - 3' total rest

2'on/2'off @ 90% x 3 pcs

### **Week #7**

#### **Monday:**

DAY OFF!

#### **Wednesday:**

10' Warmup

5' @80% - 4' total rest

30"on/30"off @100% x 15pcs – 4' total rest after pkg is completed

90"on @100%

## **Week #8**

### **Monday:**

10' warmup

2'x 100%

5' rest

30on/30off @100% x5 pieces

### **Wednesday:**

10'x2 @75%. 4' total rest between pieces

1'x2@100% 90" off (active rest)

## **Week # 9**

### **Monday:**

10' Warmup

2'on/2'off x 2 @ 80% - 4' total rest

2' @100%

### **Wednesday:**

10' warmup

Self Test x2 with 10-15' between pieces. (2'test)