

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)