

MASTERS ERGO PROGRAMS 2020-2021

NOTES

~ The following programs are a guide only and can be modified to suit. The intensity applied will depend on the age, fitness level, physique and strength of the individual. But ideally, one should be trying to maintain 80-85% of their optimal output for the Off Season Phase. (Aerobic focus)

~ The aim of this program is to achieve maximum heart rate (i.e. 220 bpm - age) at the end of each block for steady state work and at the end of the peak rating section for stepped work. Also log your heart rate drop at the 1 minute and 2 minute mark after a session .

~ The types of sessions for the Off Season Phase below have been developed purely to provide variation for the individual instead of sticking to one particular type .

~ Focus on trying to maintain your time per 500m for each stroke.

~ Light rowing and warm down can be about 2.30/500m.

~ Dead light rowing can be 3.00/500m or lighter (can even take one hand off the handle for a few strokes).

~ Record your distance each session and average time per 500m for steady state work and where there are distance specific sessions (type 3 & 4 Off Season Phase) record the time taken.

~ You should be attempting a minimum of two ergo sessions a week

OFF SEASON PHASE- AEROBIC FOCUS

Type 1 3 x 12 minute blocks with 1 min light in between each section

1st 12 mins

| Mins | Rating |
|------|--------|
| 3 | 18 |
| 3 | 22 |
| 3 | 18 |
| 3 | 22 |
| 1 | light |

2nd 12 mins

| | |
|---|-------|
| 4 | 18 |
| 4 | 22 |
| 4 | 18 |
| 1 | light |

3rd 12 mins

| | |
|---|----|
| 3 | 18 |
| 3 | 22 |
| 3 | 18 |
| 3 | 22 |

Alternative 3rd 12 mins

| | |
|---|-------|
| 1 | 20 |
| 1 | light |
| 1 | 22 |
| 1 | light |
| 1 | 24 |
| 1 | light |
| 1 | 26 |
| 1 | light |
| 1 | 28 |
| 1 | light |
| 1 | 30 |
| 1 | light |

| | |
|---|-----------|
| 1 | warm down |
|---|-----------|

Total mins 39

Type 2 1 x 20 minutes with 3 minutes rest and two 10 min pieces with 1 min rest in between

| Mins | Rating | |
|-------------------|------------|---|
| 20 | 20 | |
| 3 | rest | |
| 10 | 20 | (allow 4-5 seconds/500m more than in first 20 mins) |
| 1 | dead light | |
| 10 | 20 | (allow 4-5 seconds/500m more than in first 20 mins) |
| 1 | warm down | |
| Total mins | 45 | |

Type 3 Distance Rating
10,000 metres 20 (Log your time and your average time/500m)

Type 4 Distance Rating
5,000 metres 20 (Log your time and your average time/500m)
3 minutes rest
5,000 metres 20 (Log your time and your average time/500m)

INTERMEDIATE PHASE (PRE COMPETITION)

ANAEROBIC FOCUS

Rating Pyramid x 2 with 3 minutes rest between both pyramids (even get off the machine and take a few steps)

| | | | |
|-------------------|-----------|---|-------|
| 1 | 20 | 1 | 20 |
| 1 | light | 1 | light |
| 1 | 22 | 1 | 22 |
| 1 | Light | 1 | Light |
| 1 | 24 | 1 | 24 |
| 1 | Light | 1 | Light |
| 1 | 26 | 1 | 26 |
| 1 | Light | 1 | Light |
| 1 | 28 | 1 | 28 |
| 1 | Light | 1 | Light |
| 1 | 30 | 1 | 30 |
| 1 | Light | 1 | Light |
| 1 | 28 | 1 | 28 |
| 1 | Light | 1 | Light |
| 1 | 26 | 1 | 26 |
| 1 | Light | 1 | Light |
| 1 | 24 | 1 | 24 |
| 1 | Light | 1 | Light |
| 1 | 22 | 1 | 22 |
| 1 | Light | 1 | Light |
| 1 | 20 | 1 | 20 |
| 1 | light | 1 | light |
| sub total | 22 | | 22 |
| Total mins | 44 | | |

COMPETITION PHASE**ANAEROBIC FOCUS**

3 X 4 minutes with 3 minutes light rowing in between

Week 1

| Mins | Rating |
|------|--------|
| 4 | 24 |
| 3 | Light |
| 4 | 24 |
| 3 | Light |
| 4 | 24 |
| 3 | Light |

Total mins 21

Week 2

| Mins | Rating |
|------|--------|
| 4 | 24 |
| 3 | Light |
| 4 | 26 |
| 3 | Light |
| 4 | 24 |
| 3 | Light |

21

Week 3

| Mins | Rating |
|------|--------|
| 4 | 26 |
| 3 | Light |
| 4 | 26 |
| 3 | Light |
| 4 | 26 |
| 3 | Light |

21

Week 4

| Mins | Rating |
|------|--------|
| 4 | 26 |
| 3 | Light |
| 4 | 28 |
| 3 | Light |
| 4 | 26 |
| 3 | Light |

21

Week 5

| Mins | Rating |
|------|--------|
| 4 | 28 |
| 3 | Light |
| 4 | 28 |
| 3 | Light |
| 4 | 28 |
| 3 | Light |

21

Week 6

| Mins | Rating |
|------|--------|
| 4 | 28 |
| 3 | Light |
| 4 | 30 |
| 3 | Light |
| 4 | 28 |
| 3 | Light |

21

Week 7

| Mins | Rating |
|------|--------|
| 4 | 30 |
| 3 | Light |
| 4 | 30 |
| 3 | Light |
| 4 | 30 |
| 3 | Light |

21