

# MASTERS ERGO PROGRAM 2020-2021

## GENERAL NOTES

- There is no obligation on anyone to follow any part of this program. An individual who has any medical issues should seek advice from their medical practitioner before attempting any part of this program.
- The following are the recommended damper settings on the Concept 2 ergometer for Masters women and men.  
Masters Women 100-110  
Masters Men 110-120
- This program is 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. It has been developed with three phases in mind i.e. Off Season; Pre-competition ; Competition
- Refer to the **Intensity Level Reckoner** for the percentage of optimal output recommended.
- The types of sessions for the Off Season Phase 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.
- 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
- Allow 5 - 10 minutes for an appropriate warm up prior to commencing higher intensity pieces and a similar time for a cool down.
- Take your heart rate immediately at the conclusion of each session i.e. before the cool down, and then at the 2nd and 5 minute mark and note the drop-off from the initial recording .

**OFF SEASON PHASE - UTILISATION TRAINING (UT2) ZONE - AEROBIC FOCUS**

**60% - 70% OF OPTIMAL OUTPUT**

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

1st 12 mins

Mins	Rating
3	18
3	20
3	18
3	20
1	Light

2nd 12 mins

4	18
4	20
4	18
1	Light

3rd 12 mins

3	18
3	20
3	18
3	20

Alternative 3rd 12 mins

1	20
1	Light
1	22
1	Light
1	24
1	Light
1	24
1	Light
1	22
1	Light
1	20
1	

1	cool down
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**Total Mins** 39

**Type 2** 1 x 20 minutes with 3 minutes rest, 2 x 10 min pieces with 1 min rest in between

Mins	Rating
20	20
3	rest
10	20
1	Light
10	20
1	cool down

(allow 4-5 seconds/500m more than in first 20 mins)

(allow 4-5 seconds/500m more than in first 20 mins)

**Total Mins** 45

**Type 3**

Distance	Rating
10 km	19-20

 (Log your time and your average time/500m)

**Type 4**

Distance	Rating
5 km	19-20
5 minutes rest	
5 km	19-20

 (Log your time and your average time/500m)

**OFF SEASON PHASE CONT'D - UTILISATION TRAINING (UT2) ZONE - AEROBIC FOCUS  
60% - 70% OF OPTIMAL OUTPUT**

**Type 5**

**6 x 8 Mins**

Min	Rating
8	18
30 secs light	
8	18
30 secs light	
8	20
30 secs light	
8	20
30 secs light	
8	22
30 secs rest	
8	22
2 min cool down	

**Total Time 52.5 min**

**Type 6**

**4 x 8 Mins**

Min	Rating
8	20
90 secs light	
8	22
90 secs light	
8	24
90 secs light	
8	26
2 min cool down	

**Total Time 38.5 min**

**PRE COMPETITION PHASE - ANAEROBIC THRESHOLD (AT) ZONE FOCUS**

**70%- 85% OF OPTIMAL OUTPUT**

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

Type 1	Min	Rating	Min	Rating
	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	
<b>Total Mins</b>	<b>44</b>			

Type 2	5x 5 Minutes	Rating		
	Min	2 mins @	2 mins @	1 min @
	5	18	20	22
	2 light			
	5	20	22	24
	2 light			
	5	22	24	26
	2 light			
	5	24	26	28
	2 light			
	5	26	28	30
<b>Total Mins</b>	<b>33</b>			

**COMPETITION PHASE - ANAEROBIC THRESHOLD (AT) FOCUS  
85%-90% OF OPTIMAL OUTPUT**

**3 X 4 minute blocks with 3 min light 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

**Total Mins** 21

**Week 3**

Mins	Rating
4	26
3	Light
4	26
3	Light
4	26
3	Light

**Total Mins** 21

**Week 4**

Mins	Rating
4	26
3	Light
4	28
3	Light
4	26
3	Light

**Total Mins** 21

**Week 5**

Mins	Rating
4	28
3	Light
4	28
3	Light
4	28
3	Light

**Total Mins** 21

**Week 6**

Mins	Rating
4	28
3	Light
4	30
3	Light
4	28
3	Light

**Total Mins** 21

**Week 7**

Mins	Rating
4	30
3	Light
4	30
3	Light
4	30
3	Light

**Total Mins** 21

**Week 8**

Mins	Rating
4	30
3	Light
4	32
3	Light
4	30
3	Light

**Total Mins** 21

**COMPETITION PHASE - ANAEROBIC (AR) ZONE FOCUS**  
**90%-100% OF OPTIMAL OUTPUT**

**TYPE 1**      **5 x 30 seconds**  
**Repeat 3 times with 5 minutes rest in between each block**

<b>Time</b>	<b>Rating</b>
30 secs	sprint
30 secs	Light
30 secs	sprint
30 secs	Light
30 secs	sprint
30 secs	Light
30 secs	sprint
30 secs	Light
30 secs	sprint
30 secs	Light

**Total Mins**    5 x 3

**TYPE 2**      **4 x 1 minute**

<b>Min</b>	<b>Rating</b>
1	Sprint
3	Light
1	Sprint
3	Light
1	Sprint
3	Light
1	Sprint
3	Light

**Total Mins**      16