

MASTERS ERGO PROGRAM 2022-2023

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 splits (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 (types 2, 3 & 4 Off Season Phase) record the time taken.
- You should be attempting a minimum of two ergo sessions a week
- Allow a minimum of 5 minutes for an appropriate warm up prior to commencing any session with short burst of 1 -2 minutes at higher rating for 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 .
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OFF SEASON PHASE - AEROBIC FOCUS -

60% - 70% OF OPTIMAL OUTPUT

UTILISATION TRAINING (UT2) ZONE -

Type 1 3 sets of 12 minutes with 1 minute light in between each set

Set 1

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

Set 2

4	18
4	20
4	18
1	Light

Set 3

3	18
3	20
3	18
3	20
2	cool down

Alternative Set 3

1	20
1	Light
1	22
1	Light
1	24
1	Light
1	24
1	Light
1	22
1	Light
1	20
2	cool down

Total Mins 40

Total Mins 53

Type 2

Distance	Rating
10 km	19-20

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

Type 3

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

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

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

Type 4

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

Mins	Rating
20	20-22
3	light
10	20-22
1	Light
10	20-22
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

UTILISATION TRAINING (UT1) ZONE - AEROBIC FOCUS

HIGH END AEROBIC SESSIONS

Type 5 4 x 10 minutes with 30 seconds rest in between each piece

Mins	Rating
10	20
30secs	light
5	20
5	22
30secs	light
10	22
30secs	light
3	20
3	22
3	24
1	26

Total Time 41.5 min

Type 6 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 6A 6 x 8 Mins

Min	Rating
8	20
60 secs light	
8	20
60 secs light	
8	22
60 secs light	
8	22
60 secs light	
8	24
60 secs rest	
8	24
2 min cool down	

Type 7

4 x 8 Mins

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

Total Time 38.5 min

Type 8

19 x 1 minute with 30 seconds rest between each minute

Rating 24 @ 80%

	Min	Rating	ergo Damper Setting
1	1	24	5
2	1	24	6
3	1	24	7
4	1	24	8
5	1	24	9
6	1	24	10
7	1	24	9
8	1	24	8
9	1	24	7
10	1	24	6
11	1	24	5
12	1	24	4
13	1	24	3
14	1	24	2
15	1	24	1
16	1	24	2
17	1	24	3
18	1	24	4
19	1	24	5
	2	cool down	

Total Time 30 mins

Type 9

2 SETS OF 20 MINUTES WITH 5 MINUTES REST IN BETWEEN

Min	Rating
5	22
5	24
5	26
5	28

Total Time 20+5+20 =45

PRE COMPETITION PHASE - ANAEROBIC THRESHOLD (AT) ZONE FOCUS
70%- 85% OF OPTIMAL OUTPUT

Type 1

Min	Rating
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	28
1	Light
1	26
1	Light
1	24
1	Light
1	22
1	Light
1	20
1	light

sub total 22
Total Mins 44

Type 2

Min	Rating
1	22
1	Light
1	24
1	Light
1	26
1	Light
1	28
1	Light
1	30
1	Light
1	32
1	Light
1	34
1	Light
1	32
1	Light
1	30
1	Light
1	28
1	light
1	26
1	light
1	24
1	light
1	22

Sub Total 25
Total Mins 50

Type 3

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

Total Mins 33

Type 4

Warm Up - 15 min comprising 5@20,5@22,5@24, with 90 secs rest

Set 1		Set 2	
TIME	Rating	TIME	Rating
30 secs	26	30 secs	28
30 secs	Light	30 secs	Light
30 secs	26	30 secs	28
30 secs	Light	30 secs	Light
30 secs	28	30 secs	30
30 secs	Light	30 secs	Light
30 secs	28	30 secs	30
30 secs	Light	30 secs	Light
30 secs	30	30 secs	32
30 secs	Light	30 secs	Light
30 secs	30	30 secs	32
30 secs	Light	30 secs	Light
30 secs	32	30 secs	34
30 secs	Light	30 secs	Light
30 secs	32	30 secs	34
30 secs	Light	30 secs	Light
30 secs	34	30 secs	36
30 secs	Light	30 secs	Light
30 secs	34	30 secs	36

3 minute rest between set 1 and set 2

Total Time 39.5

Type 5

2 x 15 mins with 2:30 rest

Set 1		Set 2	
Min	Rating	Min	Rating
5	20	5	22
4	22	4	24
3	24	3	26
2	26	2	28
1	28	1	30

2.5 mins rest in between set 1 and set 2

Total Mins 32.5

COMPETITION PHASE - ANAEROBIC FOCUS - TRANSPORT OXYGEN TO THE MUSCLES (TR1)

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 - LACTATE THRESHOLD FOCUS

Any of the following can be alternated with any of the above if doing 2 ergo sessions a week

100% OF OPTIMAL OUTPUT

TYPE 1 **4 x 1 minute**
Repeat 2 times

Min	Rating
1	Sprint
1	Light
1	Sprint
1	Light
1	Sprint
1	Light
1	Sprint
1	Light

Total Mins 8 x 2 = 16

TYPE 2 **5 x 30 seconds with 30 seconds rest in between**
Repeat 3 times with 5 minutes rest in between each set

Time	Rating
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 = 15

TYPE 3 **2 sets of 8 x 40 secs on/ 20 secs off with 5 minutes rest between each set**
Warm up to include of 30 sec pieces i.e. 24,26-28, 32, 32+

Set 1 - rating 34-38; Set 2 - rating 36+

Min	Rating
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light
40 secs	Sprint
20 secs	Light

Total Mins 8 + 5 + 8 = 21