

## Erg Workout Table

Target 2000m Time	Avg. Split To Achieve	Avg. Watts To Achieve	UT2	UT1	AT	TR	AN
			(20-22spm) HR 135-150	(22-24spm) HR 150-165	(26-28spm) HR 165-175	(30-34spm) HR 175+	(36-46spm) HR >175
6:00	1:30	480	1:44	1:39	1:35	1:28.5	1:27
6:04	1:31	464	1:45	1:40	1:36	1:29.5	1:28
6:08	1:32	449	1:46	1:41	1:37	1:30	1:29
6:12	1:33	435	1:47	1:42.5	1:37.5	1:32	1:30
6:16	1:34	421	1:48.5	1:43.5	1:38	1:32.5	1:31
6:20	1:35	408	1:50	1:45	1:39	1:34	1:32
6:24	1:36	395	1:51	1:46	1:40	1:35	1:33.5
6:28	1:37	383	1:52	1:47	1:41	1:36.5	1:35
6:32	1:38	372	1:53.5	1:47.5	1:42.5	1:37	1:36
6:36	1:39	358	1:54	1:48	1:43.5	1:38	1:37
6:40	1:40	350	1:55	1:49	1:45	1:39	1:38
6:44	1:41	340	1:56	1:50	1:46	1:40	1:38.5
6:48	1:42	330	1:57	1:51.5	1:47.5	1:41	1:39
6:52	1:43	320	1:58.5	1:53	1:48.5	1:42	1:40
6:56	1:44	311	2:00	1:54.5	1:50	1:43	1:41
7:00	1:45	302	2:01	1:56	1:51	1:44	1:42

### Using this Table:

Look at the above list and find your target 2k time for the end of the year, use that score instead of your current score. When starting, the splits may be difficult to maintain, but fitness will improve throughout the season.

The erg sessions based on these splits are all designed to work the body above aerobic threshold to varying degrees. A short rest in between relatively short pieces allows some recovery, and the effect is similar to a long, steady aerobic piece. The combination of work and rest results in an average heart rate similar to an aerobic piece, which fit the HR bands given. These workouts will help build up good race endurance and is less dull for the long winter months.

### Key Points:

- As the rate changes, the splits must change too - it's all too easy to bring the rate up 2 pips and keep the same split. Just as with racing, more rate must result in more speed.
- Stick to the splits - The first couple of sections may feel quite easy but they won't in the long term...
- Between pieces, rest for 5 minutes - not 10 or 15... the second (and third if relevant) piece(s) SHOULD feel noticeably harder than the first.

### Example: 2 x 8 x (2min @ 20, 30 sec rest)

A session is split into pieces which in turn are split into sections.  
 The section is 2:30 long and comprises 2minutes at rating 20 and then 30seconds rest.  
 The piece consists of 8 sections and is 20 minutes long (8 x 2.5 minutes = 20minutes)  
 The session is two 20 minute pieces with 5 minutes rest between.  
 Based on the rating given, look at the above table for the appropriate split during the work portion.

### Example sessions:

Mainly aerobic sessions - similar in effect to long aerobic pieces  
 2 x 8 x (2min @ 20, 30 sec rest) = 2 x 20 minutes  
 3 x 5 x (2.5min @ 22, 30 sec rest) = 3 x 15 minutes  
 2 x 10 x (100sec @ 22, 20 sec rest) = 2 x 20 minutes

Slightly more racy pieces - good at improving ability to change rate/pace effectively  
 2 x 8 x (30sec@24, 1.5min@20, 30 sec rest) = 2 x 20 minutes  
 2 x 10 x (30sec@26, 1.5 min @ 22, 30 sec rest) = 2 x 25 minutes

Race pace pieces - useful in the run up to racing to improve ability to race at high pace for sustained period.

**NOTE:** These are hard sessions and should NOT be done back to back  
 2 x 8 x (30sec@34, 1.5 min@30, 30 sec rest) = 2 x 20 minutes  
 2 x 6 x (30sec@36, 30sec@30, 30sec@34, 30 sec rest) = 2 x 12 minutes

These sessions can be tailored/changed to keep variety in the training programme and to tailor for hard/medium/light weeks. Incorporating light/medium/heavy training weeks into 3-4 week cycles will max fitness benefit while limiting risk of over training.