BEDFORD ROWING CLUB · THE ERGONAUTS · MID-WEEK, ON YOUR OWN

Week 10 mid-week session

40 min
on the ergo

Aim. Some changes of rhythm before Sunday's long row. A pyramid of steady pushes keeps the aerobic work moving without leaving you tired for 30 minutes on Sunday.

How it fits. Before Sunday's Week 10: one 30-minute continuous row.

EFFORT GUIDE
6–7 out of 10 on the pushes, easy between. Nothing firm.



Shape of the session: Light · Half · Firm

	MONITOR SHOWS	TIME	BLOCK
☐	40:00–32:00	8 min	**Warm-up** Light Eight minutes continuous, building gently. • 0–4 min — light, rate 18 • 4–8 min — half pressure, rate 20, lengthening out
☐	32:00–10:00	22 min	**Pyramid** Half 1 – 2 – 3 – 4 – 3 – 2 – 1 minutes on, with 1 minute light paddle between each. • On — rate 22–24, 6–7 out of 10 • Off — very light paddle, rate 18 • Aim for the same split on every push, whatever its length
☐	10:00–5:00	5 min	**Ratio rowing (drill)** Light Five minutes of 1:2 timing at rate 18–20 — quick drive, unhurried recovery.
☐	5:00–0:00	5 min	**Cool down** Light Easy row at rate 18, gradually reducing the pressure. Then five minutes of stretching.

BEFORE YOU START

- Any day Tuesday to Thursday — keep two clear days before Sunday (three before the test).
- Monitor: Select Workout → New Workout → Single Time → 40:00. Damper 3–5.
- Pair ErgData before you start so the session saves to your Logbook.
- Five minutes of stretching before and after.
- Nothing above 7 out of 10. If anything hurts, stop and tell a coach on Sunday.

YOUR SESSION

Date _____

Distance _____ Average split _____

How it felt (1–10) _____

Notes _____

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