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

# Week 11 mid-week session

**40 min**
on the ergo

**Aim.** Find your target split. Sunday is the first time you row at 2,000m race pace; today you work out what that split is and get a short taste of it.

**How it fits.** Before Sunday's Week 11: 2 × 1,000m at goal race pace.

**EFFORT GUIDE**
5–6 out of 10 for the steady row. The three short pushes touch 7–8 — brief, not draining.




Shape of the session: Light Half Firm

| | MONITOR SHOWS | TIME | BLOCK |
|---|---|---|---|
| ☐ | 40:00–32:00 | 8 min | **Warm-up** Light<br>Eight minutes continuous, building gently.<br>• 0–4 min — light, rate 18<br>• 4–8 min — half pressure, rate 20, lengthening out |
| ☐ | 32:00–12:00 | 20 min | **Steady row** Half<br>20 minutes continuous.<br>• Rate 20–22<br>• 5–6 out of 10 |
| ☐ | 12:00–6:00 | 6 min | **Pace preview** Firm<br>3 × 1 minute at your target 2,000m split, with 1 minute light paddle between.<br>• Rate 24–26<br>• Set the target with the calculator in the Pace section — your Week 3 split, a few seconds quicker, is a sensible start<br>• Hit the split and hold it. If it feels out of reach, bring the target back a second or two before Sunday |
| ☐ | 6:00–0:00 | 6 min | **Cool down** Light<br>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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