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

Week 12 mid-week session

40 min
on the ergo

Aim. The taper starts. Less pressure, the same rhythm — and a chance to practise how you will start the 2,000m.

How it fits. Before Sunday's Week 12: short, sharp 500s.

EFFORT GUIDE
4–5 out of 10 for the steady row. The starts are quick but only a few strokes long.



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
☐	32:00–12:00	20 min	**Easy steady row** Light 20 minutes continuous, a notch easier than recent weeks. • Rate 20 • 4–5 out of 10 — you could hold a conversation • Long, smooth strokes; let the legs freshen up
☐	12:00–8:00	4 min	**Start practice** Firm Three practice starts, with at least a minute of easy paddling between each. • 5 quick, shorter strokes to get the flywheel spinning, then lengthen out to full slide • Settle to rate 26 within 10 strokes — the settle matters more than the start • Stop after 15 strokes; this is about the pattern, not the effort
☐	8:00–5:00	3 min	**Ratio rowing (drill)** Light Three minutes of 1:2 timing to bring the rhythm back down after the starts.
☐	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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