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

Week 13 mid-week session

40 min
on the ergo

Aim. Stay loose, stay fresh. This is your last row before the test — nothing today should leave you tired.

How it fits. Before Sunday's Week 13: the 2,000m test. Do this one early in the week, so you have at least three easy days before Sunday.

EFFORT GUIDE
About 4 out of 10 throughout, apart from two short spells of race rhythm at half pressure.



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 row** Light 20 minutes continuous, conversational. • Rate 18–20 • Relaxed shoulders and a long, smooth stroke
☐	12:00–8:00	4 min	**Race rhythm** Half 2 × 20 strokes at your race rate, half pressure, with at least a minute easy between. • Rate 24–26 • Rhythm only — the split does not matter today • Picture Sunday's plan: the split you locked in during Week 11, then lift over the last 250–500m
☐	8:00–5:00	3 min	**Pause drill** Light A 2-second pause at "arms away". A final reminder of rhythm.
☐	5:00–0:00	5 min	**Cool down** Light Easy row at rate 18, gradually reducing the pressure. Then five minutes of stretching.

Note. For the rest of the week: sleep, water and normal meals. No extra training before Sunday.

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 _____

© 2026 Hugh Maltby. All rights reserved.