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

# Week 7 mid-week session

**40 min**
on the ergo

**Aim.** Steady aerobic volume and rate control. Sunday's pieces get longer this week — this session banks the easy miles that make them possible.

**How it fits.** Before Sunday's Week 7: 3 × 8 minutes and firm 2-minute intervals. Nothing firm today, so you arrive fresh for them.

**EFFORT GUIDE**
5–6 out of 10 throughout. You should be able to talk in short sentences.




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<br>• 5–6 out of 10<br>• Note your average split at the end — this is your steady pace for the weeks ahead |
| ☐ | 12:00–4:00 | 8 min | **Rate ladder** Half<br>Same pressure, four rates: 2 minutes each at rate 20, 22, 24, then back to 20.<br>• Keep the pressure identical and watch how the split changes with rate alone<br>• Ratio stays 1:2 — the drive gets quicker, the recovery stays unrushed |
| ☐ | 4:00–0:00 | 4 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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