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

Week 8 mid-week session

40 min
on the ergo

Aim. Technique and steady rowing. Sunday's 12-minute pieces reward a clean, efficient stroke — use the quiet of a solo session to work on it.

How it fits. Before Sunday's Week 8: 2 × 12 minutes and 3-minute pushes.

EFFORT GUIDE
4–6 out of 10. The drills are light; the steady pieces are 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
☐	32:00–29:00	3 min	**Pause drill** Light A 2-second pause at "arms away" on every stroke, then on every third stroke for the last minute. Settles the sequence before the steady work.
☐	29:00–8:00	21 min	**Steady pieces** Half 2 × 10 minutes, with 1 minute light paddle between them. • Rate 20 • 5–6 out of 10 • Hold the steady split you noted last week, to within a second or two
☐	8:00–5:00	3 min	**Legs-only drill** Light Legs alone, arms straight — a reminder that the power comes mainly from the legs.
☐	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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