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

Week 9 mid-week session

40 min
on the ergo

Aim. Learn to read the split. Sunday moves from time to distance, so today you practise holding one split on the monitor and correcting it without chasing it.

How it fits. Before Sunday's Week 9: 4 × 1,000m and a short, sharp block.

EFFORT GUIDE
6 out of 10 for the long row. The low-rate strokes are strong but slow, so the heart rate stays down.



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
☐	32:00–8:00	24 min	**Split-holding row** Half 24 minutes continuous, thought of as three 8-minute thirds. • Rate 20–22 • Pick a split 2–3 seconds quicker than your steady pace and hold it • Check the monitor once a minute; if you have drifted by more than two seconds, correct it over the next five strokes, not one • Note the split for each third — all three should match
☐	8:00–4:00	4 min	**Low-rate power** Half 4 × 30 seconds at rate 18 with a strong leg drive, 30 seconds easy between. • Long, powerful drive; slow, controlled recovery • Builds the leg connection Sunday's 1,000s need, without pushing the heart rate up
☐	4:00–0:00	4 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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