

## 8WRC Erg Workouts

<p><b>Short Interval Pieces</b>            2 X 5 min            2 X 6 min            2 X 7 min            2 X 8 min            2 X 9 min            2 X 10 min            2 X 12 min</p>	<p>These are to be rowed 100% pressure each grouping. Keep split time the same between groups. Take about 5-7 minutes rest between groups. Stroke rate is between 24-30. The first time stay with a lower stroke rate, but as you improve push the rate a little bit. The key is CONSISTENCY.</p>
<p>(3,2,1) min X 2            (30 sec on, 30 sec off) X 10 (optional X 2)            (1 min on, 30 sec off) X 10 (optional X 2)            (2 min on, 1 min off) X 5 (optional X 2)</p>	<p>100% pressure with consistent stroke rates (24-30) between groups. 5-10 minutes rest between groups.</p>
<p><b>Medium Interval</b>            15 mins            20 mins            25 min.            30 mins             2 X 15 mins</p>	<p>50-75% pressure. Steady state rowing works on endurance. Don't push too hard. This is equivalent to a good jog. Once you feel efficient on these medium interval workouts, try doing two with rest in between.</p>
<p><b>Pyramid Pieces</b>             4,3,2,1,2,3,4 minutes            5,4,3,2,1,2,3,4,5 minutes</p>	<p>Stroke rate for these pieces needs to be a range of 18-24 (26). Start at an 18 and progress up and down by two beats so you work hardest during the minute interval.</p>
<p><b>Long Interval</b>            40 mins            45 mins            60 mins            90 mins             2 X 20 mins</p>	<p>Steady state rows to be performed at 50-75% pressure with a stroke rate of 18-22.</p> 