

## Winter Erg Workout #1

To build our January Challenge meters and keep the workouts interesting, here is a long one from Gail. It will take about 1.5 hours (16+km) to complete if you row the pieces at a 2:30 pace (add 10% for a 2:45 pace or subtract 10% for a 2:15 pace). You can do a subset of this workout if you have less time/energy: 1500m to 1000m takes 50 min (9+km). 1000m to 100m takes 40 min (7+km). 800m to 100m takes 30 min (5+km). From Gail: Since we are still erging the January Challenges, you can accumulate a lot of meters with this workout. My suggestion would be to do it at a nice Steady State Pace ( 18/20/22/24 ) at moderate pressure. This workout is modified from Lisa Schlenkler's book Urban Erg ( she is a former Olympian, and National Team member) Enjoy! Here goes:

Countdown - 1500 m to 100 m

Set the monitor for intervals variable

1. 1500 meters with 2 min rest
2. 1400 meters with 2 min rest
3. 1300 meters with 2 min rest
4. 1200 meters with 2 min rest
5. 1100 meters with 2 min rest
6. 1000 meters with 2 min rest
7. 900 meters with 2 min rest
8. 800 meters with 1 min rest
9. 700 meters with 1 min rest
10. 600 meters with 1 min rest
11. 500 meters with 1 min rest
12. 400 meters with 1 min rest
13. 300 meters with 1 min rest
14. 200 meters with 1 min rest
15. 100 meters with 1 min rest