

## **Winter Erg Workout #4**

Erg the Super Bowl!

Start erging at the opening kickoff and until the final whistle at halftime, get up stretch, change trou, have a light snack ( maybe pbj ) Erg again at the second half kickoff till the end of the game!

Do this at a nice steady state pace, to make things interesting pick a team and do a power ten for every touchdown they make! Pray for NO Overtime!

This craziness was thought up by Peter Olrich, he is a former coach at Craftsbury and Black Bear Sculling Camps, and participated in the 1996 Olympic Trials in the light weight double.