

12 Workout Ideas: Medium Duration

Time:

These workouts are intended to take between 30 minutes to an hour.

Warm-Up:

We generally recommend at least 5 minutes of warm-up before a workout. For more intense workouts, you will probably want a longer warm-up in order to be warm and ready to work hard. For less intense workouts, you may choose to use the first part of your workout as your warm-up and build gradually into harder effort.

Intensity:

In general, the intensity of your effort will be related to the duration of your workout. In other words, you should be able to hold a higher intensity in a shorter length workout than you can in a longer duration workout.

10000m Row



Pacing: For single medium distance efforts, know that you will be working for some time, so begin at a pace you are confident you will be able to maintain. Once you reach the halfway point, then again as you get close to the end, if you feel like you can and want to increase your overall effort, do so then.



Interval workouts:

Interval workouts, by definition, have rest periods built in. This enables you to push the intensity of the work higher than you might do in a single distance or time workout.

Pacing: The length of the rest interval will affect the intensity that you will be able to maintain for the work interval. Generally, you can choose to aim for the same intensity on all of the intervals; or you can start conservatively and increase your intensity with each interval.

Workout 1: MEDIUM

10,000m with rate changes every 2000m: 24-22-24-26-24

RowErg: Row a 10,000 meter piece at a sustainable intensity, varying your stroke rate as follows: row 2000 meters @ 24 spm, 2000 meters @ 22 spm, 2000 meters @ 24 spm, 2000 meters @ 26 spm, and 2000 meters @ 24 spm.

SkiZErg: Ski a 10,000 meter piece at a sustainable intensity, varying your spm as follows: ski 2000 meters @ 39 spm, 2000 meters @ 35 spm, 2000 meters @ 39 spm, 2000 meters @ 42 spm, and 2000 meters @ 39 spm.

BikeErg: Bike a 10,000 meter piece at a sustainable intensity, varying your rpm as follows: 2000 meters @ 80-85 rpm, 2000 meters @ 75-80 rpm, 2000 meters @ 80-85 rpm, 2000 meters @ 85-90 rpm, and 2000 meters @ 80-85 rpm.

PM3/4: B-A-C

PM5: B-A-C

Workout 2: MEDIUM

4 x 2000m / 2 min easy

Complete four 2000 meter pieces. Keep moving for two minutes at light pressure between each 2000.

PM3/4: B-D-C-D-B-B-A-C-C-C-C-A-A-A-A-B-B-E

PM5: B-D-D-A-D-B-B-A-C-C-C-C-A-A-A-A-B-B-E

Workout 3: MEDIUM

8 x 500m / 2 min easy

Complete eight 500 meter pieces. Keep moving for two minutes at light pressure between each 500.

PM3/4: B-D-C-A-A-A-A-B-B-E

PM5: B-D-D-A-A-A-A-B-B-E

Workout 4: MEDIUM

28 minutes with rate increase

RowErg: Row a single 28 minute piece. Row the first seven minutes @ 18 spm. Then six minutes @ 20 spm, five @ 22, four @ 24, three @ 26, two @ 28 and one @ 30.

SKiErg: Ski a single 28 minute piece. Ski the first seven minutes @ 32 spm. Then six minutes @ 34 spm, five @ 36, four @ 38, three @ 40, two @ 42 and one @ 44 spm.

BikeErg: Bike a single 28 minute piece. Bike the first seven minutes @ 65 rpm. Then six minutes @ 70 rpm, five @ 75, four @ 80, three @ 85, two @ 90 and one @ 95..

PM3/4: B-D-B-C-A-B-B-B-B-B-B-B-E

PM5: B-D-B-C-A-B-B-B-B-B-B-B-E

Workout 5: MEDIUM

4 x 8 min / 2 min easy

Complete four 8 minute pieces. Keep moving for two minutes at light pressure between each piece.

PM3/4: B-D-D-B-B-B-B-B-B-A-A-A-A-B-B-E

PM5: B-D-D-B-B-B-B-B-B-B-B-A-A-A-A-B-B-E

Workout 6: MEDIUM

5 x 1500m / 1 min easy

Complete five 1500 meter pieces. Keep moving for one minute at light pressure between each piece.

PM3/4: B-D-C-D-B-A-A-A-A-B-E

PM5: B-D-D-A-D-B-A-A-A-A-B-E



Workout 7: MEDIUM

2 x 12 min / 6 min easy

Complete two 12 minute pieces. Keep moving for six minutes at light pressure between each piece.

PM3/4: B-D-D-D-B-A-B-A-A-A-A-B-B-B-B-B-E

PM5: B-D-D-B-D-B-A-B-A-A-A-A-B-B-B-B-B-E

Workout 8: MEDIUM

6 x 3 min / 3 min easy

Complete six 3 minute pieces. Keep moving for three minutes at light pressure between the harder pieces.

PM3/4: B-D-D-B-B-A-A-A-A-B-B-B-E

PM5: B-D-D-B-B-B-A-A-A-A-B-B-B-E

Workout 9: MEDIUM

30 minute time trial

Complete a 30 minute time trial, going for your personal best. After you've finished, enter your result in the Online Ranking and see where you stand with others of your age, gender and weight class.

PM3/4: B-A-D

PM5: B-A-D

Workout 10: MEDIUM

5 x 5 min / 2 min easy

Complete five 5 minute pieces. Keep moving for two minutes at light pressure between each piece.

PM3/4: B-D-D-B-B-B-B-A-A-A-A-B-B-E

PM5: B-D-D-B-B-B-B-B-A-A-A-A-B-B-E



Workout 11: MEDIUM

40 minutes

Complete a single 40 minute piece. Aim for a consistent pace throughout.

PM3/4: B-D-B-B-E

PM5: B-D-B-B-E

Workout 12: MEDIUM

6 x 1000m / 2 min easy

Complete six 1000 meter pieces. Keep moving for two minutes at light pressure between each 1000.

PM3/4: B-D-C-D-B-A-C-C-C-C-C-A-A-A-A-B-B-E

PM5: B-D-D-A-D-B-A-C-C-C-C-C-A-A-A-A-B-B-E
