

Level One Erg training

Explanation of the training zones

Training Bands					
Band	Type of Work	% MHR	Rate (SPM)	What it is good for	How you feel
UT2	Utilisation 2. Light aerobic, low intensity work. Sustainable and fat burning.	55-70	18-20	General CV fitness.	Relaxed. Able to carry on a conversation.
UT1	Utilisation 1. Heavy aerobic work using more oxygen.	70-80	20-24	Higher level of CV fitness.	Working. Feel warmer. Heart rate and respiration up. May sweat.
AT	Anaerobic Threshold. Harder work. On the aerobic limit. Pushing into anaerobic area.	80-85	24-28	High level of CV fitness. Building mental and physical tolerance.	Hard work. Heart rate and respiration up. Carbon dioxide build up. Sweating. Breathing hard.
TR	Oxygen Transportation. Working hard. Unsustainable for long periods.	85-90	28-32	Developing oxygen transport to the muscles under stress. Increasing cardiac output.	Stressed. Panting. Sweating freely.
AN	Anaerobic (without oxygen). Short bursts of maximum effort. Unsustainable. Burning carbohydrate.	90-100	32+	Anaerobic work. Increasing speed. Accustoming the body to work without oxygen.	Very stressful. Gasping. Sweating heavily

Stretching exercises here: http://indoorsportservices.co.uk/training/guide/stretching_exercises

Type of session	Warm up	Cool down
UT2	5-8 min.	5-8 min.
UT1	8-10 min.	8-10 min.
AT	10-12 min.	10-12 min.
TR	12-15 min.	12-15 min.
AN	15-20 min.	15-20 min.

Recovery Time Between Intervals

Full recovery between intervals can be considered as taken place when the heart rate has fallen to warm up level (twice resting rate). The intensity of interval-training can be increased by working to 90% or even 80% of full recovery.

Example - resting heart rate = 60bpm. Warm up rate = 120bpm

100% recovery = 120bpm go again

90% recovery = 132bpm go again.

80% recovery = 145bpm go again.

TEST: To determine your fitness do a 4 minute O'Neil Test

http://indoorsportservices.co.uk/training/oneill_test

Test for the work out is a 2km piece record your time.

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	Session 1 Monday	Session 2	Session 3
Sept 7th	TEST	12'UT2	15'UT2
Sept 14th	14'UT2	16'UT2	18'UT2
Sept 21th	17'UT2	19'UT2	20'UT2
Sept 28th	10'UT1	25'UT2	30'UT2
Oct 5th	12'UT1	18'UT1	8'AT
Oct 12th	30'UT2	2x10'UT1	2x7'AT
Oct 19th	15'UT1	20'UT2	7'AT
Oct 26th	18'UT1	25UT2	9'AT
Nov 2nd	4x2'TR	30'UT2	2X12'UT1
Nov 9th	2x2'TR	15'UT1	20'UT2

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Nov 16th	4x2'TR	18'UT1	25'UT2
Nov 23rd	6x2'TR	2X12'UT1	30'UT2
Nov 30th	TEST	2x3'TR	2x7'AT
Dec 7th	4x2'TR	16'UT1	25'UT2
Dec 14th	2x4'TR	2x12'UT1	3x7'AT
Dec 21st	6x2'TR	2x8'UT1	20'UT2
Dec 28th	2x9'AT	18'UT1	30'UT2
Jan 4th	2x10'AT	3x2'TR	20'UT1
Jan 11th	4x1.5'AN	2x12UT1	2x8'AT
Jan 18th	3x2'TR	25'UT1	2x9'AT
Jan 25th	2x4'TR	30'UT2	2x10'AT

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Feb 1st	2x4'TR	15'UT1	2x7'AT
Feb 8th	30'UT2	18'UT1	2x9'AT
Feb 15th	3x2'TR	30'UT2	2x12'UT1
Feb 22nd	5x2'TR	6x1.5'AN	3x3'TR
Feb 29th	2x1.5'AN	3x45s AN	RACE