

WBC Erg Plan

Instructions

In order to use this erg plan you will need to know your 2k time. With your total time for the 2k to hand go to the Target Splits sheet (below) to find your target times for the various ergs in the planner. Take your 2k time and round it to the nearest 5 seconds (e.g., if your time was 7:26.2 then round it to 7:25.0) and look for the row in the table that corresponds to that time. As you read across that row, you'll see the splits you should be aiming for (minimum, maximum and average) for each of the different erg types. Either print the target splits sheet out and highlight the relevant row or make a note of the target splits elsewhere. The only other sheet you should need is the weekly plan. For each week starting on Monday the 11th of January there are 4 ergs presented to you for each week. Ergs 1-3 are the ergs you should be attempting each week, erg 4 is an optional extra for you to do if you're feeling keen. It doesn't matter which order you do the ergs in, just that you do the 3 or 4 ergs for that week, in that week. If you are ill, injured or away then skip the ergs you were not able to complete, and continue with the ergs in the current week's schedule.

Understanding the erg descriptions

Each erg is described using three pieces of information – the number of repetitions, the length of each repetition and the intensity of the erg. E.g., 2 x 10 UT1 means two reps of 10 minutes each at UT1 intensity, and 10 x 1 AN means 10 reps of one minute each at AN intensity. There are five intensity levels ranging from UT2 (the most gentle) to AN (the most intense). Each type of erg has its own purpose from enhancing cardio fitness, to building strength and general endurance to helping anaerobic stamina. For each intensity level aim to complete each repetition with a split time between the minimum and maximum split for that intensity level (based on the value you got from the target splits sheet as above). Just because you can complete the erg with a faster split, doesn't mean that you should, the targets are there for a reason to help you meet the objectives of each type of intensity training.

Below is a guide for the rest periods you should have between repetitions, and an approximate stroke rate:

| | Description | % of Max Heart Rate | Target Stroke Rate | Reason |
|------------|----------------------|---------------------|--------------------|--|
| UT2 | Utilisation Training | 55-70% | ≤ 20 | Relaxed - should be able to hold a conversation - light aerobic / low intensity work. Sustainable and fat burning Single repetition pieces - no rest period is needed |
| UT1 | Utilisation Training | 70-80% | ≤ 24 | Heavy aerobic work using more oxygen - increased heart rate - may sweat (!) Set a rest period of 5 or 6 minutes between each repetition (longer rest time for a longer repetition time) |
| AT | Anaerobic Threshold | 80-85% | ≤ 28 | At Aerobic limit - helps to build mental / physical tolerance Set a rest period of no 3 to 4 minutes between each repetition |
| TR | Transportation Rate | 85-95% | ≤ 32 | Should not be sustainable for long periods - develops ability to transport oxygen to muscles under increased cardiac output Set a rest period of 2 minutes between each repetition |
| AN | Anaerobic | 95-100% | 32+ | Should be short bursts of max effort therefore unsustainable. Works on increasing speed / ability to cope whilst oxygen deprived Set a rest period equal to the repetition length |

Weekly Schedule

| Week | Erg 1 | Erg 2 | Erg 3 | Erg 4 |
|------|-------------|-------------|------------|------------|
| 1 | 1 x 20 UT1 | 2 x 15 UT1 | 2 x 10 UT1 | 2 x 6 AT |
| 2 | 2 x 14 UT1 | 2 x 18 UT1 | 2 x 15 UT1 | 1 x 40 UT2 |
| 3 | 2 x 17 UT1 | 4 x 10 UT1 | 2 x 18 UT1 | 1 x 45 UT2 |
| 4 | 2 x 7 AT | 2 x 7 AT | 2 x 12 UT1 | 1 x 30 UT2 |
| 5 | 2 x 8 AT | 2 x 8 AT | 2 x 16 UT1 | 1 x 45 UT2 |
| 6 | 2 x 9 AT | 3 x 7 AT | 3 x 15 UT1 | 1 x 50 UT2 |
| 7 | 2 x 7 AT | 2 x 7 AT | 3 x 12 UT1 | 1 x 30 UT2 |
| 8 | 2 x 8 AT | 2 x 7 AT | 2 x 4 TR | 2 x 14 UT1 |
| 9 | 2 x 9 AT | 2 x 9 AT | 6 x 2 TR | 3 x 13 UT1 |
| 10 | 2 x 8 AT | 2 x 7 AT | 3 x 2 TR | 2 x 15 UT1 |
| 11 | 2 x 10 AT | 2 x 7 AT | 2 x 4 TR | 2 x 12 UT1 |
| 12 | 4 x 1.5 AN | 3 x 10 AT | 4 x 4 TR | 2 x 20 UT1 |
| 13 | 10 x 1 AN | 2 x 12 AT | 2 x 3 TR | 1 x 50 UT2 |
| 14 | 5 x 1 AN | 2 x 15 AT | 3 x 3 TR | 3 x 13 UT1 |
| 15 | 8 x 0.75 AN | 3 x 13 AT | 4 x 3 TR | 3 x 14 UT1 |
| 16 | 6 x 1.5 AN | 3 x 8 AT | 2 x 5 TR | 1 x 50 UT2 |
| 17 | 6 x 1 AN | 3 x 10 AT | 3 x 5 TR | 2 x 16 UT1 |
| 18 | 8 x 0.75 AN | 3 x 12 AT | 3 x 6 TR | 2 x 18 UT1 |
| 19 | 6 x 1.5 AN | 2 x 8 AT | 4 x 2 TR | 2 x 15 UT1 |
| 20 | 1 x 3 TR | 3 x 0.75 AN | 3 x 7 AT | 1 x 25 UT2 |