

12 Workout Ideas: Long Duration

Time:

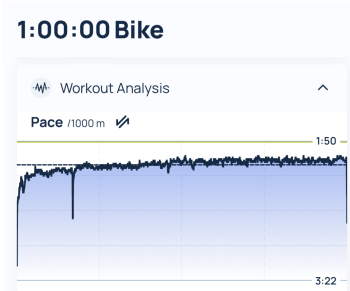
These workouts are intended to take an hour or longer.

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.



Pacing: For single long 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: LONG

6 x 2000m / 3 min easy

Complete six 2000 meter pieces. Keep moving for three minutes at light pressure between each 2000.

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

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

Workout 2: LONG

2 x 6000m / 6 min easy

Complete two 6000 meter pieces. Keep moving for six minutes at light pressure between each piece.

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

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

Workout 3: LONG

4 x 10 min with rate increase / 4 min easy

Complete four 10 minute pieces.

RowErg: Row the first four minutes of each @ 22 spm. Then three minutes @ 24 spm, two @ 26 and one @ 28.

Row for four minutes at light pressure during the rest period.

SkiErg: Ski the first four minutes of each @ 35 spm. Then three minutes @ 37 spm, two @ 39 and one @ 41. Ski

for four minutes at light pressure during the rest period.

BikeErg: Bike the first four minutes of each @ 70 rpm. Then three minutes @ 75 rpm, two @ 80 and one @ 85-90.

Bike for four minutes at light pressure during the rest period. (Adjust damper as needed.)

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

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



Workout 4: LONG

3 x 4000m rate change / 5 min easy

RowErg: Row the first 1000m @ 22 spm, the second @ 24 spm, the third @ 22 spm, and the fourth @ 24 spm. Row for five minutes at light pressure during the rest period.

SkiErg: Ski the first 1000m @ 35 spm, the second @ 39 spm, the third @ 35 spm, and the fourth @ 39 spm. Ski for five minutes at light pressure during the rest period.

BikeErg: Bike the first 1000m @ 75-80 rpm, the second @ 85-90, the third @ 75-80 rpm, and the fourth @ 85-90 rpm. Bike for five minutes at light pressure during the rest period. (Adjust damper as needed.)

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

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

Workout 5: LONG

2 x 10,000m / 6 min easy

Complete two 10,000 meter pieces. Keep moving for six minutes at light pressure between each piece.

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

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

Workout 6: LONG

6 x 2000m rate change / 2 min easy

RowErg: Row six 2000 meter pieces. In each piece change the rate every 500m. The first 500m @ 22 spm. Then 500m @ 24 spm. 500m @ 22 and 500m @ 24. Row for two minutes at light pressure during the rest period.

SkiErg: Ski six 2000 meter pieces. In each piece change the rate every 500m. The first 500m @ 37 spm. Then 500m @ 41 spm. 500m @ 37 and 500m @ 41. Row for two minutes at light pressure during the rest period.

BikeErg: Bike six 2000 meter pieces. In each piece change the rate every 500m. The first 500m @ 80-85 spm. Then 500m @ 85-90 spm. 500m @ 80-85 and 500m @ 85-90. Bike for two minutes at light pressure during the rest period. (Adjust damper as needed)

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

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

Workout 7: LONG

3 x 5000m / 2 min easy

Complete three 5000 meter pieces. Keep moving for two minutes at light pressure between each piece.

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

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

Workout 8: LONG

60 minutes with rate changes every 5 minutes

RowErg: Row five minutes @ 22 spm, five minutes @ 24 spm, five minutes @ 22 spm and so on.

SkiErg: Ski five minutes @ 35 spm, five minutes @ 39 spm, five minutes @ 35 spm and so on.

BikeErg: Bike five minutes @ 75-80 spm, five minutes @ 85-90 spm, five minutes @ 75-80 spm and so on. (Adjust damper as needed)

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

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

Workout 9: LONG

2 x 20 min / 5 min easy

Complete two 20 minute pieces. Keep moving for five minutes at light pressure between each piece.

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

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

Workout 10: LONG

5 x 12 min / 3 min easy

Complete five 12 minute pieces. Keep moving for three minutes at light pressure between each piece.

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

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



Workout 11: LONG

4-6-8-10-8-6-4 min pyramid / 2 min easy

Pre-set the monitor for 60 minutes. Complete seven intervals in a pyramid of 4-6-8-10-8-6-4 minutes. In between each working interval continue to move at a light pressure for two minutes before starting into the next interval.

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

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

Workout 12: LONG

21,097m (half-marathon) time trial

Complete a 21,097 meter time trial, going for your personal best. After, enter your time in the Online Ranking and see where you stand with others of your age, gender and weight class.

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

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