

12 Workout Ideas: Short Duration

Time:

These workouts are intended to take under 30 minutes.

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.

2000m Row



Pacing: For single short distance efforts, where you won't be working for very long, you can challenge yourself to be as powerful as you can for that short amount of time.

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: SHORT

5 x 500m / 2 min easy

Complete five 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-A-B-B-E

Workout 2: SHORT

5000m with rate changes every 1000m: 25-22-25-28-25

RowErg: Row a 5000 meter piece at a sustainable intensity, varying your stroke rate as follows: row 1000 meters @ 25 spm, 1000 meters @ 22 spm, 1000 meters @ 25 spm, 1000 meters @ 28 spm, and 1000 meters @ 25 spm.

SkiErg: Ski a 5000 meter piece at a sustainable intensity, varying your stroke rate as follows: ski 1000 meters @ 39 spm, 1000 meters @ 35 spm, 1000 meters @ 39 spm, 1000 meters @ 42 spm, and 1000 meters @ 39 spm.

BikeErg: Bike a 5000 meter piece at a sustainable intensity, varying your rpm as follows: bike 1000 meters @ 85 rpm, 1000 meters @ 80 rpm, 1000 meters @ 85 rpm, 1000 meters @ 90 rpm, and 1000 meters @ 85 rpm.

PM3/4: B-A-B

PM5: B-A-B

Workout 3: SHORT

5 x 3 min / 1 min easy

Complete five 3 minute pieces. Keep moving for one minute at light pressure between each piece.

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

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



Workout 4: SHORT

2000 meter time trial

Complete a 2000 meter time trial, going for your personal best. After you've finished, enter your time in the Online Ranking and see where you stand with others of your age, gender and weight class.

PM3/4: B-A-A
PM5: B-A-A

Workout 5: SHORT

Stroke pyramid: 10/20/30/40/50/40/30/20/10

Take 10 strokes hard followed by 10 light. Then take 20 strokes hard followed by 20 light. 30 hard, 30 light. 40-40. 50-50. 40-40. 30-30. 20-20. 10-10.

PM3/4: Just start pulling or pedaling, or press A once
PM5: Just start pulling or pedaling, or press A once

Workout 6: SHORT

2 x 2000m rate increase / 4 min easy

RowErg: Row two 2000 meter pieces. In each piece, row the first 1000 meters @ 26 spm. Then 500 meters @ 28 spm, 250 meters @ 30 spm and 250 meters @ 32 spm. Row for four minutes at light pressure during the rest period.

SkiErg: Ski two 2000 meter pieces. In each piece, ski the first 1000 meters @ 35 spm. Then 500 meters @ 38 spm, 250 meters @ 41 spm and 250 meters @ 45 spm. Ski for four minutes at light pressure during the rest period.

BikeErg: Bike two 2000 meter pieces. In each piece, bike the first 1000 meters @ 75 rpm. Then 500 meters @ 80 rpm, 250 meters @ 90 rpm and 250 meters @ 95 rpm. Bike for four minutes at light pressure during the rest period.

PM3/4: B-D-C-D-B-B-A-C-C-C-C-A-A-A-A-B-B-B-B-E
PM5: B-D-D-A-D-B-B-A-C-C-C-C-A-A-A-A-B-B-B-B-E

Workout 7: SHORT

21 minutes with rate increase

RowErg: Row a single 21 minute piece. Row the first six minutes @ 20 spm. Then row five minutes @ 22 spm, four @ 24, three @ 26, two @ 28 and one @ 30.

SkiErg: Ski a single 21 minute piece. Ski the first six minutes @ 34 spm. Then ski five minutes @ 36 spm, four @ 38, three @ 40, two @ 42 and one @ 44.

BikeErg: Bike a single 21 minute piece. Bike the first six minutes @ 70 rpm. Then bike five minutes @ 75 rpm, four @ 80, three @ 85, two @ 90 and one @ 95.

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

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

Workout 8: SHORT

4 x 1000m / 1 min easy

Complete four 1000 meter pieces. Keep moving for one minute at light pressure between each 1000.

PM3/4: B-A-E

PM5: B-A-E

Workout 9: SHORT

5 x 4 min / 1 min easy

Complete five 4 minute pieces. Keep moving for one minute of light effort between the pieces.

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

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

Workout 10: SHORT

5000m with rate changes every 1000m: 24-26-28-26-24

RowErg: Row for a total of 5000 meters at a sustainable intensity, varying your stroke rate as follows: row 1000 meters @ 24 spm, 1000 meters @ 26 spm, 1000 meters @ 28 spm, 1000 meters @ 26 spm, and 1000 meters @ 24 spm.

SkiErg: Ski for a total of 5000 meters at a sustainable intensity, varying your spm as follows: ski 1000 meters @ 35 spm, 1000 meters @ 38 spm, 1000 meters @ 42 spm, 1000 meters @ 38 spm, and 1000 meters @ 35 spm.

BikeErg: bike for a total of 5000 meters at a sustainable intensity, varying your rpm as follows: bike 1000 meters @ 75 rpm, 1000 meters @ 80 rpm, 1000 meters @ 85 rpm, 1000 meters @ 80 rpm, and 1000 meters @ 75 rpm.

PM3/4: B-A-B

PM5: B-A-B

Workout 11: SHORT

3 x 1000m / 1 min easy

Complete three 1000 meter pieces. Keep moving for one minute at light pressure between each 1000.

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

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

Workout 12: SHORT

10 x 1 min / 1 min easy

Complete ten 1:00 pieces. Keep moving for one minute at light pressure between each minute.

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

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