

Erg Training Log

A blank 12-week log for your sessions, with a page for test results

THE ROWING TUTOR

Print this log and keep it by the rower. There are four lines a week, which covers a three-session plan with one spare. Print the session pages again if you train more often or carry on past Week 12.

How to use this log

- **Fill it in straight after you row.** The figures are still on the monitor and you will remember how it felt.
- **Session:** the type of work and what you aimed for, such as 4x1000m/3:00, r22–24.
- **Average pace:** the time per 500m shown on the monitor at the end. Lower is faster.
- **Rate:** average strokes per minute, written r20 for 20 strokes a minute.
- **Heart rate:** average for the session, if you wear a strap. Leave it blank if you do not.
- **How it felt:** RPE from 1 to 10, plus a word or two. RPE 3 is easy enough to hold a full conversation. RPE 10 is everything you have.
- **Compare like with like.** Look back at the same session on the same drag factor. Rest and sleep can change a number from one day to the next, so look for the pattern over several weeks.

Example entry (made-up figures)

Wk	Date	Session and target	Distance	Time	Avg pace	Rate	HR	How it felt (RPE, notes)
1	2 Nov	Steady row, r18–20	6,250m	30:00	2:24.0	r20	132	RPE 3–4, smooth

My set-up

Machine	Damper	Drag factor	Foot stretcher	Date set
Main				
Other				

Weeks 1 to 4

Wk	Date	Session and target	Distance	Time	Avg pace	Rate	HR	How it felt (RPE, notes)
1								
1								
1								
1								
2								
2								
2								
2								
3								
3								
3								
3								
4								
4								
4								
4								

Weeks 5 to 8

Wk	Date	Session and target	Distance	Time	Avg pace	Rate	HR	How it felt (RPE, notes)
5								
5								
5								
5								
6								
6								
6								
6								
7								
7								
7								
7								
8								
8								
8								
8								

Weeks 9 to 12

Wk	Date	Session and target	Distance	Time	Avg pace	Rate	HR	How it felt (RPE, notes)
9								
9								
9								
9								
10								
10								
10								
10								
11								
11								
11								
11								
12								
12								
12								
12								

Test results

Test on the same machine, with the same drag factor and at about the same time of day, so that the results compare fairly.

2k tests

[illegible]

2k test notes

Test	Time of day	Machine	How the pacing went: did you fade, or finish with something left?
1			
2			
3			
4			
5			

Other tests, such as 500m, 5k or 30 minutes

Test	Date	Result (time or metres)	Avg pace	Rate	Drag	Notes
1						
2						
3						
4						
5						

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