



MULTI-ERG

3-Day Sample Program



Session 1 (Interval Time)

Row 10:00/rest 2:00

Ski 10:00/rest 2:00

Bike 10:00

Target pace = 2k/4k PB pace +15-20 seconds, or 75-80% of max heart rate.

You will need an external clock to time your rests between machines. Feel free to adjust machine order as you wish, although this is our preferred order (Row – Ski – Bike).

Session 2 (Ergathlon Intervals)

Four sets:

Super Sprint Ergathlon/rest ~4 minutes

500m row > 500m ski > 1000m bike

Target 2k/4k PB pace + 14-15 seconds to start. Increase pace -2/-3 seconds from the previous set on each set that follows.

Use the “ergathlon” feature on your pm5 monitors to program each set. Use an external clock or watch to time your rests.

Session 3 (Interval Distance)

Three rounds of:

Row 500m/rest 2:00

Ski 500m/rest 2:00

Bike 1000m/rest 2:00

That's 3 reps on each machine (9 reps total).

Target around 2k/4k PB pace to start (or close to it). You may choose to stagger your efforts (Row, Ski, Bike, Row...) or complete all three reps on one machine before moving to the next. You will need an external clock or watch to time your rests.

Learn more about our ONLINE MEMBERSHIP by visiting

www.garageathletefitness.com/membership

