



## SKIERG

### 5-Day Sample Program



### **Session 1 (Single Distance)**

5000m (try and stay in the 42-46 s/m range)

Set your monitor for “Single Distance” > “5000m” > 1000m splits

*(If you have a 2k PR time, your target speed should be 2k + ~15/16 seconds)*

*Focus on technique, stroke rate consistency, and speed (split) control. The goal of this session is to maintain the same rate and speed through the entire piece.*

### **Session 2 (Interval Sprint)**

6x 500m/rest 3:00

Set your monitor for “Interval: Distance” > 500m > Rest 3:00

*Stay consistent on the first five sets and finish with a “fast last”. If you know your 2k PR pace, your target should be 2k -1/2 seconds.*

### **Session 3 (Interval Variable)**

Two sets of the following:

- 5:00 40 s/m
- 4:00 42 s/m
- 3:00 44 s/m
- 2:00 46 s/m
- 1:00 48 s/m

Set your monitor for “Interval: Variable”

- Int 1 5:00/rest 2:00
- Int 2 4:00/ rest 2:00
- Int 3 3:00/rest 2:00
- Int 4 2:00/ rest 2:00
- Int 5 1:00/rest 2:00
- Repeat the above for Int 6-10

*Rest 2:00 between all sets. Target 2k + 18-20 for the r40. Increase pace by 2/3/4/5 seconds with each set.*



#### **Session 4 (Variable Distance)**

6000m continuous

1500m r42/500m r48/1500m r42/500m r50/1500m r42/500m r50+)

Set your monitor for “Single Distance” > 6000m > 500m splits, OR

“Interval: Variable” >

- Int 1 1500m/no rest
- Int 2 500m/no rest
- Int 1500m/no rest
- Int 4 500m/no rest
- Int 5 1500m/no rest
- Int 6 500m

*Target the r42 sets at 2k + 17/18 seconds. Increase pace by 7-8 seconds for the r48, a further 2-3 seconds for the r50, and further 2-3 seconds or more for the r50+.*

#### **Session 5 (Single Time)**

30:00 at 40 s/m

Set your monitor for “Single Time” > “30:00” > 5:00 splits

*Target 2k + 19-20 seconds. Stay close.*



## ABOUT THE COACH:



**JUSTIN FARINA**, OCT, B.Ed., B.Sc., CF-L1

**Multiple Current and Former SkiErg World Record holder**

**Two-time Concept2 Tour De SkiErg Champion – 2018, 2019**

500m (1:18.5)	6000m (20:35.3)
2000m (6:11.1)	10km (34:52.5)
5000m (16:43.4)	30:00 (8619m)
60:00 (16536m)	

Discovering CrossFit in November of 2005 was a life-changing event for the former Division-I athlete. For years, the standard bodybuilding/cardio model of “fitness” was all he knew. Reading Coach Glassman’s breakthrough article, [“What is Fitness”](#), changed everything. Since then, **Variance**, **Functionality**, and **Intensity** have been the cornerstones of his life.

Training privately since 2006, Justin has accumulated countless hours of experience working with hundreds of athletes in parks, in gyms, on tracks, and in his garage.

Learn more about our ONLINE MEMBERSHIP by visiting

[www.garageathletefitness.com/membership](http://www.garageathletefitness.com/membership)

