

Tim Male's Ergo Workshop 1

PTRC's Mens Squad Coach, Tim Male, hosted his first Facebook Live ergo workshop on 31st March 2020. Here are some useful notes.



Watch the video here!

What do we, as rowers, use ergos for?

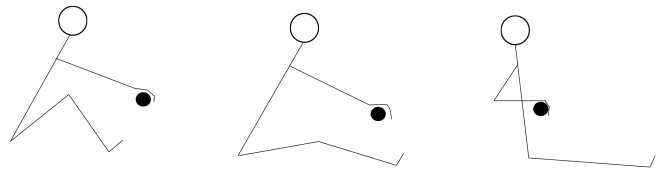
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|----|--------------------------------|---|---|
| 1. | Selection | - | Pure Numbers |
| 2. | Personal Achievement (e.g. PB) | - | Pure Numbers |
| 3. | Training | - | Numbers correlating to heart rate/training zone |
| 4. | Technique | - | Transferable Skills to Water |

Whilst we are training at home over this period, let's try to focus on the last two points and forget the 'numbers'. Focus on heart rate now that we are training in a different environment with less circulation!

Drive - Simple

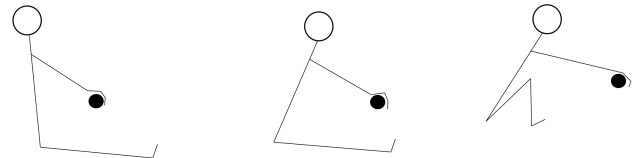
Prime Position - Strong.

- Heels Down Quickly
- Legs First
- Hips come in with $\frac{1}{3}$ of slide remaining
- Arms
- Heels up & Hands up



Recovery - Simple

- Extraction - Tap Down
- Arms Away - Nothing else moves, low energy
- Hip Rock
- Knees come up
- Heels up & Hands up



Training at Home & Overheating

- Stick to heart rate - don't go chasing numbers.
- Record the temperature you train at each day to help compare - 10°C ideal for oxygen availability.
- Create Airflow by opening windows, using a fan or going outside if possible (balcony or garden).
- Wear Little
- Be Very Hydrated - allow an interval in long ergs to hydrate or drink during from bottle or camelbak.

Recovery Times

An activity or session at a different stress level takes longer to recovery from & affects your body in different ways.

<u>Intensity/Type</u>	<u>Description</u>	<u>Total Recovery Time</u>
UT2	Utilisation 2. Light aerobic, low intensity work. Sustainable and fat burning. Relaxed. Able to have a conversation.	12-24 Hours
UT1	Utilisation 1. Heavy aerobic work using more oxygen.	24-36 Hours
AT	Anaerobic Threshold. Harder work. On the aerobic limit.	36-72 Hours
TR	Oxygen Transportation. Working hard. Unsustainable for long periods.	48-72 Hours
AN	Anaerobic (without oxygen). Short bursts of maximum effort. Unsustainable.	24-48 Hours
Weights		48-72 Hours