



## SkiErg World Sprints

### 4-Week Training Plan

(Starts October 14, 2019)

#### Warm Up

Warm up for at least 5 minutes before every workout. Warmup suggestions:

- 6 minute warmup: Ski easy for 3 minutes, then take 10 hard pulls at the beginning of each of the last three minutes.
- 5 minute warmup: Ski easy at a stroke rate of 35 strokes per minute (spm) for 2 minutes, then 38 spm for 90 seconds, 41 spm for 1 minute, 45 spm for 30 seconds.
- 10 minute warmup: Ski easy for 2 minutes, then 3 minutes moderate intensity, 3 minutes easy with 30 second bursts to race pace every minute, 2 minutes easy.

Be sure to cool down for 5 minutes at the end of each workout.

#### Benchmark pace

This training plan uses a benchmark pace, which will be determined by the time trial in your first workout. This benchmark is used to create the workouts each week. If you're having trouble holding the suggested pace over multiple workouts, just let your pace adjust accordingly. Try adding +0:02-0:05 to start out, and then see if you can bring the pace back down. Training can be affected by things such as other activities, rest, recovery and nutrition, so listen to your body as you follow this plan.

**Benchmark Pace** \_\_\_:\_\_\_/500m  
(Determined in Workout 1)

#### WEEK 1

##### Workout 1

750m time trial. Your average pace from this workout will be the benchmark pace from which you'll base the rest of the workouts. Record your benchmark pace.

##### Workout 2

500m, 3 minutes rest, 500m (benchmark pace).

**WEEK 2****Workout 1**

5 X 250m at benchmark pace with 60 seconds rest. The goal is for equal or negative splits. (Negative splits go faster each interval.)

**Workout 2**

650m, 3 minutes rest, 500m (at benchmark pace).

**WEEK 3****Workout 1**

5 X 250m at benchmark pace with 40 seconds rest. The goal is for equal or negative splits.

**Workout 2**

800m, 3 minutes rest, 500m (at benchmark pace).

**WEEK 4****Workout 1**

5 X 250m at benchmark pace with 20 seconds rest. The goal is for equal or negative splits.

**Workout 2**

Test for a new 1000m time or compete in the [SkiErg World Sprints](#). Good luck!