

WATT POWER 100k January Challenge

The Erg Engine System

Day	Session	Aim	Record the Average Watts
1	3250m	Single distance. Complete 3250m with a rate cap of 24 strokes per minute (number of times you pull the handle in 1 minute). Aim for maximum power for the distance. Record your average Watts for the distance, this will form your reference for the remainder of the month.	
2	3250m	Single distance. Complete the 3250m at 65% of your overall power from yesterday's session. Aim to stay at 18 strokes per minute (spm).	
3	3 x 1000m rest 2' 1 x 250m	Interval variable. Complete 3 x 1000m followed by 250m with 2' rest in between each. Your power guide is 1st 1000m at 65% (18spm), 2nd 1000m at 75% (22spm), 3rd 1000m at 85% (26spm) and finally 250m at max effort (30spm).	
4	1600m rest 1:30' 1000m rest 1:30' 400m rest 1:30' 250m	Interval variable. Complete 1600m at 70% (20spm) followed by 1:30 for all rest periods. Second interval is 1000m at 80% (24spm) followed by 400m at 90% (28spm) and finish with 250 at max effort (32spm).	
5	1625m x 2 rest 1'	Interval distance. Complete the daily distance in two recovery set blocks before some flexibility, yoga or active recovery activity. Power target around 60% at whatever stroke rate feels comfortable.	
6	4 x 800m rest 2:30	Interval distance. Complete the reduced daily distance (50m; hidden in tomorrow's session) at a higher intensity of 95% with a cap of 26spm.	
7	3 x 1100m rest 1:30	Interval distance. Complete 3 rounds of 1100m at 75% (22spm).	
8	1200 x 2 rest 2' 500m rest 1' 350m	Interval Variable. Complete 2 x 1200m at last weeks average (100%). Progress the power for the 500m and again apply more for the 350m.	
9	3250m	Single distance. Complete the 3250m at 65% of your overall power from yesterday's session. Aim to stay at 18 strokes per minute (spm).	
10	10 x 325m rest 1:30	Interval distance. Complete 10 x 325m rest 1:30 in between each. Your power guide is odds at 80% (20spm) and evens at 105% (26spm).	
11	3 x 750m rest 1' 250m rest 2' 250m	Interval variable. Complete the 750's at 80% (24spm) and the 250's at 100% or above (28spm).	
12	1625m x 2 rest 1'	Interval distance. Complete the daily distance in two recovery set blocks before some flexibility, yoga or active recovery activity. Power target around 60% at whatever stroke rate feels comfortable.	
13	5 x 600m rest 1'	Interval distance. Complete the reduced daily distance (250m added to tomorrow's session) at middle ground 75-80% (22-24spm).	
14	7 x 500m rest 2'	Interval distance. Complete 7 rounds of 500m at the highest intensity we have seen yet 120%.	
15	3 x 1084m rest 3''	Interval Distance. Complete 3 x 1084m between 105%-120%.	
16	3250m	Single distance. Complete the 3250m at 75% of your overall power from Day 1's session. Aim to stay at 24-26spm.	

17	1625m x 2 rest 1'	Interval distance. Complete the daily distance in two recovery set blocks before some flexibility, yoga or active recovery activity. Power target around 60% at whatever stroke rate feels comfortable.	
18	7 x 400m rest 1:30 3 x 150m rest 1'	Interval variable. Complete the 400's at 105% (26-28spm) and the 150's at 120% or above (30+spm).	
19	5 x 650m rest 30secs	Interval distance. Complete the daily distance at 105%, individual stroke rate applied. Building confidence for from our initial assessment, short recovery to break up the distance, don't go too hard to soon.	
20	3250m	Single distance. Complete the daily distance in one recovery block before some flexibility, yoga or active recovery activity. Power target around 55% at whatever stroke rate feels comfortable, perhaps reduce the drag to increase the stroke rate without fatigue.	
21	1641m rest 5' 1609m best effort	Interval variable. Complete 1 warm up round of variable stroke rate and power rate, followed by some light stretches before attempting 1 nautical mile best effort before starting week 4.	
22	20 x 165m rest 45secs	Interval Distance. Complete 20 x 165m = go hard and repeat! Adding 50m extra here, but we'll drop it in 2 days :-)	
23	3250m	Single distance. Complete the 3250m at 85% of your overall power from Day 1's session. Aim to stay at 24-26spm.	
24	4 x 800m rest 3:30'	Interval distance. Complete the daily distance in 4 recovery set blocks before some flexibility, yoga or active recovery activity. Power target around 60% at whatever stroke rate feels comfortable. Work out some of the knots during your rest period's.	
25	10 x 325m rest 1:30	Interval distance. Complete 10 x 325m rest 1:30 in between each. Your power guide is odds at 90% (24spm) and evens at 115% (28spm).	
26	1250m rest 5' 2000m at 105% of day 1 assessment	Interval variable. Complete 1 warm up round of variable stroke rate and power rate, followed by some light stretches before attempting a 2k assessment to provide an idea of future training blocks.	
27	3250m	Single distance. Complete the daily distance in one recovery block before some flexibility, yoga or active recovery activity. Power target around 55% at whatever stroke rate feels comfortable, perhaps reduce the drag to increase the stroke rate without fatigue.	
28	1625m x 2 rest 3'	Interval distance. Complete the daily distance in two set blocks. Power target around 80-85% first round and 10-15% higher for the second.	
29	3250m	Single distance. Complete the daily distance in one recovery block before some flexibility, yoga or active recovery activity. Power target around 55% at whatever stroke rate feels comfortable, perhaps reduce the drag to increase the stroke rate without fatigue.	
30	3250m	RE-TEST: Complete 3250m with a rate cap of 24 strokes per minute. Did you improve????	
31	4 x 800m rest 3:30'	Interval distance. Complete the daily distance in 4 recovery set blocks before some flexibility, yoga or active recovery activity. Power target around 60% at whatever stroke rate feels comfortable. Work out some of the knots during your rest period's or whichever you want from the last 30 days.....Enjoy an erg free day tomorrow :-)	