

From Couch to Consistency Training Plan

This training plan is for you if:

- You're just starting to use a Concept2 RowErg, BikeErg, or SkiErg.
- Your primary goal is fitness and you plan to stick with it.
- You don't know much about training or workouts, but you want to learn.
- You're hoping it will be fun, motivating, and a long-term commitment!

A few things to do first:

- You'll want to have a [Concept2 Online Logbook](#). It's free and will be integral to your fitness journey. This is where your meters will be logged on your way to a million.
- Download our [free app ErgData](#). ErgData makes it easier to download workouts, upload your results, and offers helpful displays and entertaining options.

The Plan!

WEEK #1: You can do these four workouts on the days that work best for you, taking days off to either rest or do another activity.

| WEEK 1 | WORKOUT | NOTES/LOG |
|--------|--|---|
| Day 1 | <ul style="list-style-type: none"> • Format: Just Row (Just Ski, Just Ride): Just start erging (rowing, skiing or biking) without doing any setup. Note that the PM5 starts automatically, and time starts running in the top left. Watch the time, and do the following: • Workout: 1 min easy/1 min rest/2 min easy/1 min rest/3 min easy/1 min rest/2 min easy/1 min rest/1min easy. | |
| Day 2 | <ul style="list-style-type: none"> • Format: Single Distance. Use ErgData (or the PM5) to set up a Single Distance workout of 2000 meters. The distance will be counted down for you on both the PM and ErgData. • Workout: 90"/30": Alternate 90 seconds comfortable erging with 30 seconds of easy or rest, until you reach 2000 meters. | Note how long it took you to complete the 2000m. This will also be automatically recorded on your PM5, and on ErgData, and ErgData will upload it to your Online Logbook. |
| Day 3 | <ul style="list-style-type: none"> • Format: Single Time. Use ErgData (or the PM5) to set up a Single Time workout of 15 minutes • Workout: Row, Ski or Bike at a steady pace that you can maintain for 15 minutes. If you need to ease off at any point, that's fine, just try to keep moving. | |
| Day 4 | <ul style="list-style-type: none"> • Format: The ErgData Real Time Loop! Connect your PM5 to ErgData, then click on Real Time Loop • Workout: Do three full laps of the 1k loop, going a little harder for half a loop (500m) and then a little easier for the next 500m. | How many people were on the loop? From how many different countries? |

| WEEK 2 | WORKOUT | NOTES/LOG |
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|--------|---------|-----------|

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|-------|---|---|
| Day 1 | <ul style="list-style-type: none"> Format: Intervals: Using ErgData (or PM5) set up a work interval of 2 minutes and a rest interval of 1 minute. Workout: 8 x (2 min moderate effort/1 min easy) | |
| Day 2 | <ul style="list-style-type: none"> Format: Single Distance: Set up a workout of 2000m. You will do it twice, with 3-5 minutes rest between. Workout: 2 x 2000m | How do your times compare to last week's 2000m? |
| Day 3 | <ul style="list-style-type: none"> Format: The Loop! Workout: See if you can get to four laps of the loop! Take a short break after the first two laps if you feel you need it. | |
| Day 4 | <ul style="list-style-type: none"> Format: Single Time: Set up a 30-minute workout. Workout: 30 min erg, varying your stroke rate/cadence between lower and higher. (Suggested rates: RowErg: 22/26spm; SkiErg: 35/42spm; BikeErg: 70/90rpm) | End of week 2! Time to check your total meters! |

| WEEK 3 | WORKOUT | NOTES/LOG |
|--------|--|-----------|
| Day 1 | <ul style="list-style-type: none"> Format: Try the WOD! We post a Workout of the Day every day! Workout: WOD. You can do this workout as hard or as easy as you like. | |
| Day 2 | <ul style="list-style-type: none"> Format: Short Intervals. Set up a work interval of 40 seconds and a rest interval of 20 seconds. Aim to do 2 sets of 10 of these, taking a break of several minutes in between where you just row easily through the intervals. | |
| Day 3 | <ul style="list-style-type: none"> Format: Single distance OR four laps on the loop. Workout: 4000m row at a consistent pace. | |
| Day 4 | <ul style="list-style-type: none"> Format: Variable Intervals Workout: 1-2-3-4-3-2-1 minute pyramid with 1 minute rest between. Use the Variable Interval option to set up these work intervals—with 1 min rest—and then make this a favorite on ErgData. Then you won't have to set it up next time you do it! | |

| WEEK 4 | WORKOUT | NOTES/LOG |
|--------|--|-----------|
| Day 1 | <ul style="list-style-type: none"> Format: Single Time Workout: Set up a 40 min workout. Or do 40 minutes on the loop. | |
| Day 2 | <ul style="list-style-type: none"> Format: Distance Intervals. Set a work interval of 500 meters, and a rest interval of 2 minutes. Workout: 6 x 500m work with 2 min rest | |
| Day 3 | <ul style="list-style-type: none"> Do the WOD. | |
| Day 4 | <ul style="list-style-type: none"> Format: Intervals with Undefined Rest Workout: Set up a work interval of 2 minutes, with undefined rest. During the rest, do 10 reps of an exercise such as: sit-ups, push-ups, air squats, and other body weight exercises. | |

Variety: You’ve now been introduced to a wide variety of workout formats and options, and you may be developing your own preferences. Do you like interval workouts, or do you prefer a single time or distance? Do you find camaraderie on the Real Time Loop? Do you like the convenience and surprise of doing the WOD? Feel free to do the workouts in the way that works best for you.

Frequency: Is four workouts/week the right number for you? Do you want to be doing more or fewer? Maybe there are seasons for you when fewer workouts will fit better; and other seasons when you spend more time indoors and will do five or six per week. You can always find workout ideas on the WOD.

Intensity: It’s best to vary the intensity of your workouts. They shouldn’t all be intense. A good general goal is to do at least two good hard efforts per week, but this is up to you.

Getting to a Million Meters!

Started in 1978, the Concept2 Million Meter Club celebrates and rewards everyone who reaches a million meters—and every million meters thereafter! If you are following this plan, you are now well on your way toward your first million meters.

For perspective, if you erg four times per week for 52 weeks of the year, you’ll need to average just under 5000 meters per session to reach a million in a year. More sessions per week, or longer sessions, will speed your progress toward a million. Remember that your warm-up and cool-down both count! By extending these pre- and post-workout meters, you can add to your total.

[Join the Million Meter Club](#)

| WEEK 5 | WORKOUT | NOTES/LOG |
|--------|--|-----------|
| Day 1 | <ul style="list-style-type: none"> Format: Single Time Workout: Set up a 40 min workout. Or do 40 minutes on the loop. | |
| Day 2 | <ul style="list-style-type: none"> Format: Distance Intervals. Set a work interval of 500 meters, and a rest interval of 2 minutes. Workout: 6 x 500m work with 2 min rest | |
| Day 3 | <ul style="list-style-type: none"> Do the WOD. | |
| Day 4 | <ul style="list-style-type: none"> Format: Intervals with Undefined Rest Workout: Set up a work interval of 2 minutes, with undefined rest. During the rest, do 10 reps of an exercise such as: sit-ups, push-ups, air squats, and other body weight exercises. | |

| WEEK 6 | WORKOUT | NOTES/LOG |
|--------|--|-----------|
| Day 1 | <ul style="list-style-type: none"> Format: Single distance OR five laps on the loop. Workout: 5000m row at a consistent pace. | |
| Day 2 | <ul style="list-style-type: none"> Format: Short Intervals. Set up a work interval of 1 minute and a rest interval of 30 seconds. Do 2 sets of 8 of these, taking a break of several minutes in between where you just row easily through the intervals. | |

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| Day 3 | <ul style="list-style-type: none"> • Format: <u>Variable Intervals</u> • Workout: 500m, 1000m, 1500m, 1000m, 500m pyramid with 2-minute rest between. Use the Variable Interval option to set up these work intervals, and then make this a favorite on ErgData. Then you won't have to set it up next time you do it! | |
| Day 4 | <ul style="list-style-type: none"> • Do the <u>WOD</u>. | |

Now that you are familiar with these different workout options and tools, you can make your own plan for consistent workouts.

| Going forward | WORKOUT OPTIONS | NOTES/LOG |
|----------------------|--|------------------|
| Day 1 | <ul style="list-style-type: none"> • Choose a Format: <u>Single Time or Single Distance</u> • <u>Workout</u>: Do it on the loop if you like! | |
| Day 2 | <ul style="list-style-type: none"> • Choose a Format: <u>Distance Intervals or Time Intervals</u>. • Workout: Redo an earlier workout or make up a new one. The possibilities are endless! | |
| Day 3 | <ul style="list-style-type: none"> • Do the <u>WOD</u>. You can do the WOD more days than one if you like. There's a new WOD posted every day! | |
| Day 4 | <ul style="list-style-type: none"> • Format: <u>Intervals with Undefined Rest</u> • Workout: The undefined rest allows you to incorporate an off-erg exercise such as: sit-ups, push-ups, air squats, and other body weight exercises between your intervals. | |

Good luck with your continued training! You'll find more resources on our Training pages and on our blog. Don't hesitate to reach out if you have questions.