

15' erg warm-up (5, 4, 3, 2, 1,) (light pressure building to full pressure on the last minute)

1' watts test 40spm rate cap

10' rest

3 x 10' ON, 1' OFF (2' rest in between 10' pieces)

Saturday December 10th 2011

	10' @ 22	10' @ 24	10' @ 26	Average/500m	10' Watts Average	1' watts
1	1:55.2	1:54.2	1:53.3	1:54.2	234	457
2	1:59.3	1:57.8	1:55.7	1:57.6	215	413
3	1:58.8	1:58.3	1:57.4	1:58.2	212	409
4	1:58.6	1:58.5	1:58.4	1:58.5	210	405
5	1:58.2	1:58.2	1:59.2	1:58.5	210	394
6	1:59.0	1:58.6	1:58.4	1:58.7	209	379
7	2:01.0	1:59.2	1:58.2	1:59.5	205	375
8	2:01.6	1:59.6	1:58.0	1:59.7	204	368
9	2:00.9	1:59.9	1:59.0	1:59.9	203	340
10	1:59.2	1:59.1	2:01.7	2:00.0	202	350
11	1:57.6	2:00.4	2:02.1	2:00.0	202	368
12	2:01.6	1:59.7	1:58.9	2:00.1	202	429
13	1:58.0	2:01.2	2:01.2	2:00.1	202	379
14	1:59.3	2:00.0	2:01.3	2:00.2	201	386
15	2:02.4	1:59.8	1:58.7	2:00.3	204	375
16	2:00.8	1:59.9	2:00.4	2:00.4	200	354
17	2:00.8	2:00.1	2:00.6	2:00.5	200	401
18	2:00.1	2:00.4	2:01.0	2:00.5	200	398
19	2:00.6	2:00.9	2:00.7	2:00.7	199	368
20	1:59.5	2:01.6	2:02.9	2:01.3	196	364

Top 20 Average	1:59.5	206	385.6
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