

NAME: _____
20' ERGOMETER TEST

DATE:

TIME:	Avg. 500m	METERS	RATE	HR
20'				
18'				
16'				
14'				
12'				
10'				
8'				
6'				
4'				
2'				

TOTAL METERS:

AVERAGE 500/M SPLIT:

AVERAGE HR:

DATE:

TIME:	Avg. 500m	METERS	RATE	HR
20'				
18'				
16'				
14'				
12'				
10'				
8'				
6'				
4'				
2'				

TOTAL METERS:

AVERAGE 500/M SPLIT:

AVERAGE HR: