

NAME:
6K ERG TEST

DATE:

METERS	TIME	SPLIT	RATE	HR
6000				
5500				
5000				
4500				
4000				
3500				
3000				
2500				
2000				
1500				
1000				
500				

FINAL TIME:
AVERAGE 500/M SPLIT:
AVERAGE HR:

DATE:

METERS	TIME	SPLIT	RATE	HR
6000				
5500				
5000				
4500				
4000				
3500				
3000				
2500				
2000				
1500				
1000				
500				

FINAL TIME:
AVERAGE 500/M SPLIT:
AVERAGE HR: