

MONOSTRUCTURAL CONVERSIONS CHART

Use this conversion chart to make needed modifications to workout programming based on equipment access. It's important that your modification options remain consistent.

Machine distances: Women do 90%. World record numbers for women are approximately 90% of men's times.
The 2,000m row record for men is 5:35 (335 seconds), for women it's 6:21 (381) — 88%

TIME DOMAIN	RUN	*SHUTTLE RUN	C2 ROWER METERS CALORIES		C2 BIKE METERS CALORIES		ECHO / ASSAULT BIKE METERS CALORIES		C2 SKI ERG METERS CALORIES	
0:45-1:00	200	8	250/225	15/12	500/450	15/12	625/560	12/10	200/180	12/10
1:30 - 2:00	400	16	500/450	30/24	1,000/900	30/24	1,250/1,125	25/20	400/360	25/20
3:30 - 4:00	800	32	1,000/900	60/48	2,000/1,800	60/48	2,500/2,250	50/40	800/720	50/40
7:00 - 8:00	1,600	64	2,000/1,800	120/96	4,000/3,600	120/96	5,000/4,500	100/80	1,600/1,440	100/80

*Shuttle runs completed in 25' down and 25' back

*Distances measured in meters