

## CBC ERG GOLF

### 9 holes at 12 minute starts

		player:		500 time:					
hole	meters	par	eagle	birdie	par	bogie	2xbogie	your time	your score
1	400	4	#####	#####	00:00.0	00:04.0	00:08.0		
2	750	5	#####	#####	00:00.0	00:05.0	00:10.0		
3	150	3	#####	#####	00:00.0	00:03.0	00:06.0		
4	500	4	#####	#####	00:00.0	00:04.0	00:08.0		
5	675	5	#####	#####	00:00.0	00:05.0	00:10.0		
6	100	3	#####	#####	00:00.0	00:03.0	00:06.0		
7	300	4	#####	#####	00:00.0	00:04.0	00:08.0		
8	600	5	#####	#####	00:00.0	00:05.0	00:10.0		
9	250	3	#####	#####	00:00.0	00:03.0	00:06.0		
total	3725	36							

00:03.0	00:06.0
00:04.0	00:08.0
00:05.0	00:10.0

do not touch these numbers as they are calculations oriented

#### how to play ergo golf:

1. This is a sample score sheet based on an all out 500 meter score of 1:43.7
2. Ideally you play as a foursome similar to golf on 12 minute centers for each hole
3. You stay on one machine but keep to the pacing which is determined based on the longest hole (#2)
4. Do your piece at the distance prescribed for each hole starting with hole #1
5. For example on hole #1 if you score between 1:19 and 1:21 you have achieved par and write 4 in the your score column next to that hole  
 A birdie would be achieved if your score is between 1:15 and 1:19 and would score 3 for the hole
6. Scoring is as follows:
  - par scores either 3, 4 or 5 as indicated for each hole and if your score falls between the par time and the birdie time
  - birdie scores 1 less than par if your time falls between the birdie and the eagle times
  - eagle scores 2 less than par if your time is equal to or less than the eagle time
  - bogie scores par plus 1 if your time is between par and bogie time
  - double (2X) bogie scores par plus 2 if your time is greater than bogie time

**the objective is to get the lowest score**
7. To set up your personal sheet, do an all out 500 meter piece and enter it next to the 500 time box  
 All your personal times will then automatically be calculated and the example will disappear.  
 Make sure you enter it exactly as follows 0:00.0 or the calculations won't work
8. Remember to stick to the 12 minute centers as this is a planned workout that affords you a rest interval which you will definitely appreciate towards the end of the 9 holes
9. Also keep in mind that to get the most out of this you must do an honest all out 500 which will then give you challenging times to hit in ergo golf and provide the workout we are looking for

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### 9 holes at 12 minute starts

hole	meters	par	player:		500 time:			your time	your score
			eagle	birdie	par	bogie	2xbogie		
1	365	4	#####	#####	00:00.0	00:04.0	00:08.0		
2	420	4	#####	#####	00:00.0	00:05.0	00:10.0		
3	400	4	#####	#####	00:00.0	00:03.0	00:06.0		
4	170	3	#####	#####	00:00.0	00:04.0	00:08.0		
5	500	5	#####	#####	00:00.0	00:05.0	00:10.0		
6	400	4	#####	#####	00:00.0	00:03.0	00:06.0		
7	150	3	#####	#####	00:00.0	00:04.0	00:08.0		
8	390	4	#####	#####	00:00.0	00:05.0	00:10.0		
9	525	5	#####	#####	00:00.0	00:03.0	00:06.0		
OUT	3320	36			00:00.0				
10	420	4	#####	#####	00:00.0	00:03.0	00:06.0		
11	150	3	#####	#####	00:00.0	00:03.0	00:06.0		
12	400	4	#####	#####	00:00.0	00:03.0	00:06.0		
13	525	5	#####	#####	00:00.0	00:03.0	00:06.0		
14	365	4	#####	#####	00:00.0	00:03.0	00:06.0		
15	400	4	#####	#####	00:00.0	00:03.0	00:06.0		
16	300	4	#####	#####	00:00.0	00:03.0	00:06.0		
17	500	5	#####	#####	00:00.0	00:03.0	00:06.0		
18	170	3	#####	#####	00:00.0	00:03.0	00:06.0		
IN	3230	36			00:00.0				
total	6550	72			00:00.0				

00:03.0	00:06.0	do not touch these numbers as they are calculations oriented
00:04.0	00:08.0	
00:05.0	00:10.0	

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