

Day	Workout	Drag Factor	HR Range	Total Time	Average Pace	Total Distance (m)
M O N	3 x 4' TR 32 SPM	130	175-180	26:00.0	1: 52.3	6,943
				: .	: .	
T U E	9 x 1' AN 34 SPM	130	185-190	25:00.0	1: 55.7	6,482
				: .	: .	
W E D				: .	: .	
				: .	: .	
T H U	4 x 6' AT 28 SPM	130	165-170	40:00.0	1:59 .1	10,072
				: .	: .	
F R I				: .	: .	
				: .	: .	
S A T	6 x 2' TR 32 SPM	130	175-180	32:00.0	1:57.5	8,170
				: .	: .	
S U N				: .	: .	
				: .	: .	

Day	Workout Results, Breakdown and Comments		
M O N	1st 4' - 1,154m 2nd 4' - 1,147m 3rd 4' - 1,170m		
T U E	303m, 307m, 299m, 301m, 304m, 302m, 309m, 301m, 312m		
W E D	45' RUN HR 150s		
T H U	1,698m, 1,703m, 1,711m, 1,699m		
F R I	Weights:	Bench Pull 4 x 8 - 55kg Leg Press 4 x 8 - 160kg Bench Press 4 x 8 - 67.5kg Sit Ups 3 x 30	
S A T	598m, 601m, 614m, 603m, 607m, 582m		
S U N			

Week: _____ Date: _____

Day	Workout	Drag Factor	HR Range	Total Time	Average Pace	Total Distance (m)
M O N				: .	: .	
				: .	: .	
T U E				: .	: .	
				: .	: .	
W E D				: .	: .	
				: .	: .	
T H U				: .	: .	
				: .	: .	
F R I				: .	: .	
				: .	: .	
S A T				: .	: .	
				: .	: .	
S U N				: .	: .	
				: .	: .	

Cumulative Time/Distance:

: .

Day	Workout Results, Breakdown and Comments
M O N	
T U E	
W E D	
T H U	
F R I	
S A T	
S U N	

Quarterly Progress Report

Date: _____

Weight: Resting Heart Rate:

2,000m Test

Time: : . Ave. Pace: : .

500m Splits:

1st : . 2nd : . 3rd : . 4th : .

SPM SPM SPM SPM

Anaerobic Capacity Test (20 seconds)

Distance (metres):

Maximum Power Test (5 strokes)

Lowest 500m split: : .

Quarterly Step Test

Date:	Step 1	Step 2	Step 3	Step 4	Step 5
Set Pace/500m					
Distance (m)					
Stroke Rate (spm)					
Heart Rate (bpm)					
Actual Pace/500m					

Quarterly Tests

2,000m Test

Complete 2,000m as quickly as you can. Make sure you record all data before resetting the monitor.

Anaerobic Capacity Test

This is a 20 second test which monitors the ability of the athlete to produce a lot of power in a short period of time. Set the damper at 5, the monitor on 20 seconds and row at maximum power and high rate. Record the distance covered.

Maximum Power Test

This is a five stroke test which measures the peak power produced. Set the damper at 5, the monitor on Pace/500m and build the intensity and stroke rate over three strokes, then row at maximum power and speed for five strokes. Record the fastest pace (lowest 500m split). Make sure you row full length strokes during this test.

Step Test (for competitors only)

This is an incremental step test used to determine your current anaerobic threshold. It is physically **very** demanding, but does give a lot of information. You will need a heart rate monitor linked to the Indoor Rower.

For full details on how to undertake the Step Test please consult Concept 2's Indoor Rowing Training Guide (Section 4.2; Step Test), available as a free download from the Concept 2 web site (www.concept2.co.uk) or to buy direct from Concept 2 (tel: 0115 945 5522).

Setting the Resistance

Drag Factor

For most people adjusting the damper lever is enough to ensure a reasonably consistent level of resistance. However, to ensure absolute consistency every time you row we suggest you use the drag factor. This will take account of small accumulations of dust within the flywheel and is particularly useful if you use Indoor Rowers in different locations and want to make sure the resistance is always exactly the same.



To display the drag factor press the buttons marked REST and READY on the Performance Monitor at the same time and then row a few strokes. The drag factor will appear in the bottom right hand corner of the monitor display. The typical range for the drag factor is 103 (damper setting 1) - 223 (damper setting 10). When the monitor starts up the drag factor option is off by default.