

Oarsome Sport & Fitness

Physiological Testing

Kevin Watson

Stirling Rowing Club

Rowing

20th February 2004

Physiologist: Kevin Watson

Rowing Ergometer Test

(1) Anthropometric & Test Results:

			2mM	4mM	LT (mM)	Lactate Turnpoint (mM)
	Body Mass	Height	Pace	Pace	Pace	Pace
GB Targets 04	>85kg	>187cm	300 1:44	350 1:39		
Mar 99	76.8kg	186cm	154 2:10	238 1:52.5	200 2:00	221 1:55
Nov 00	79.5kg	188cm	220 1:55	280 1:46	230 1:54	254 1:49
Mar 01	84.2kg	188cm	252 1:50	300 1:44	254 1:49	280 1:46
Feb 04	87.0kg	189cm	207 1:57.0	248 1:51.0	200 2:00.0	230 1:54.0

A summary of the most recent results is provided

(2) Training Intensities

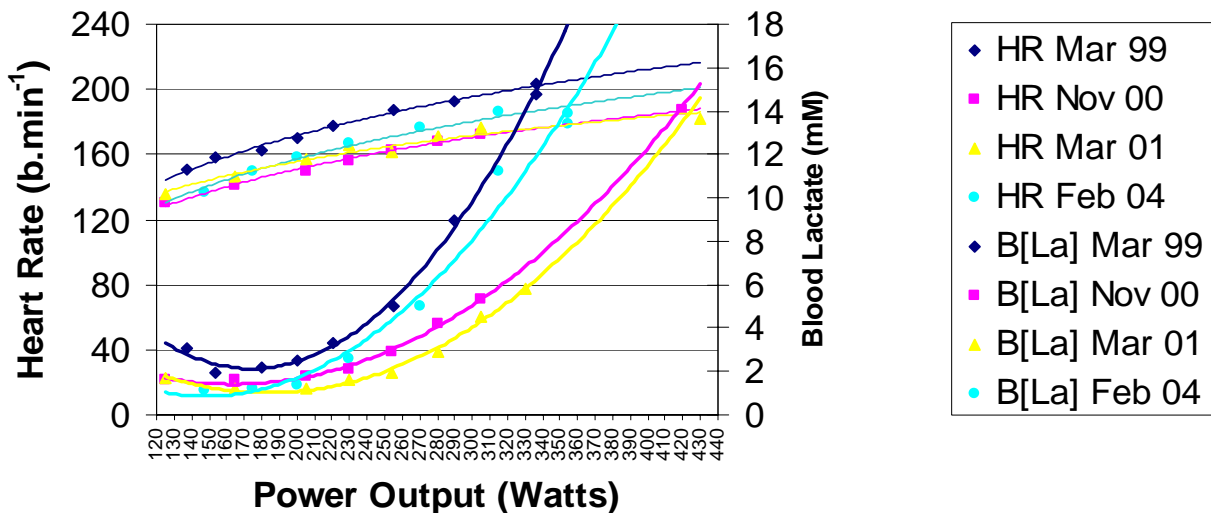
Training Zone	Power (Watts)	Time/500m (secs)	Heart Rates (bpm)	[Lactate] (mM)	RPE
1. Rest/Recovery	<175	<2:06	<137	<1.2	9-11
2. Extensive aerobic – (UT ₂)	175-200	2:00-2:06	137-150	1.2-1.4	11-14
3. Intensive aerobic – (UT ₁)	200-230	1:54-2:00	150-158	1.4-2.6	14-15
4. Threshold (AT)	230-270	1:48-1:54	167-176	2.6-5.0	15-16
5. Interval – VO ₂ max (TR)	270-315	1:42-1:48	176-186	5.0-11.2	16-18
6. Interval – Anaerobic (LT)	>315	<1:42	>186	11.2-13.4	18-20
7. Fartlek – Alactic (AL)	>355	<1:38	-	-	-

Oarsome Sport & Fitness

Physiological Testing

A detailed description of the heart rate bands and corresponding blood lactates are provided for each type of training within the sport. This will enable the athlete to accurately monitor training intensity and ensure they are training within the correct band for the time of the season.

Incremental Step Test



A graph showing all the blood lactates and corresponding power outputs is provided for comparison. A shift in the graph down and/or to the right indicates an improvement in performance.

(3) Comments

- Comments will be based on the most recent set of results and the improvements since the last testing session
- Normally testing sessions will be 3-4 months apart

(4) Targets (based on most recent results)

Power @ 2mM – 220W

Power @ 4mM – 280W

Lactate threshold – 230W

Turnpoint – 255W

Targets will be provided based on past improvement, time available for training and the point in the season.