

# Oarsome Sport & Fitness

## Physiological Testing

### Rowing

**Physiologist: Kevin Watson**

**Race Recovery Profiles**

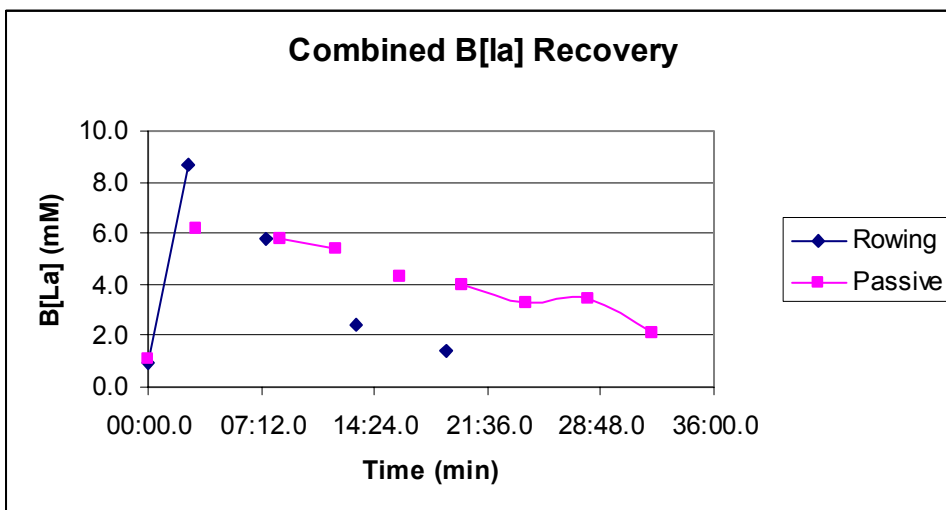
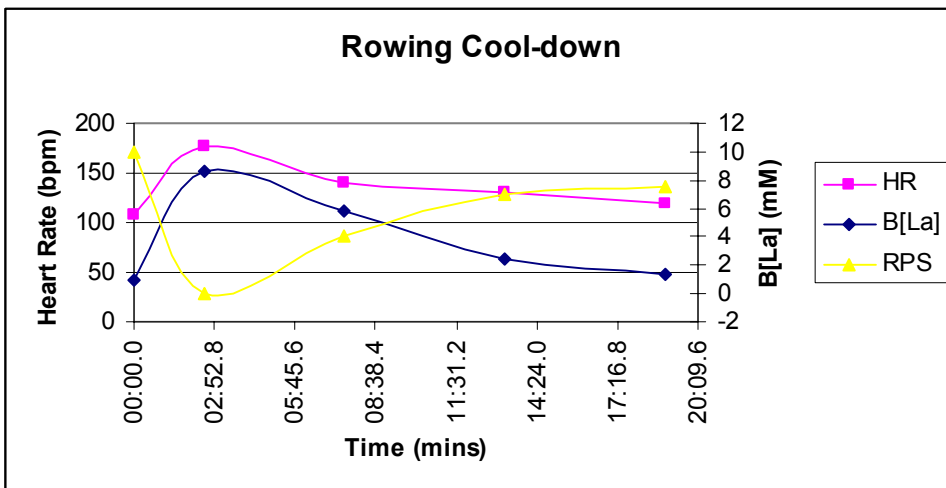
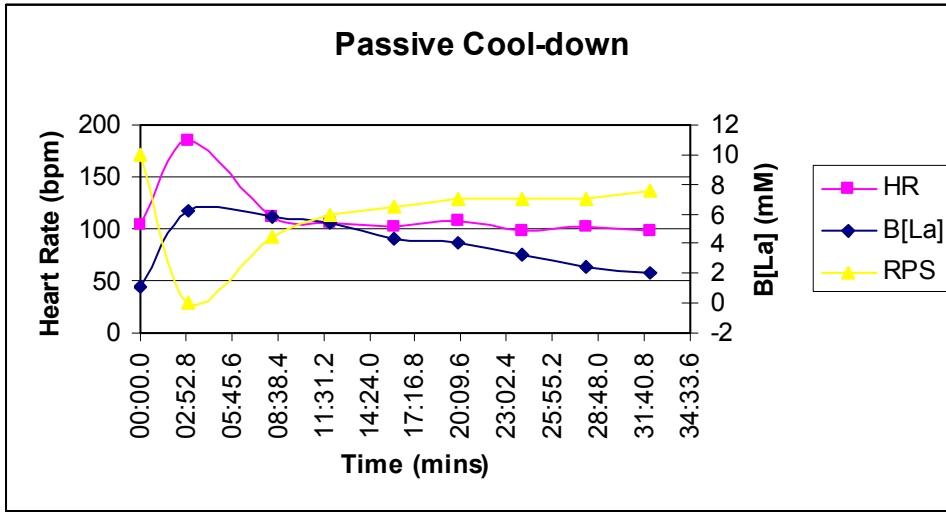
(1) Recovery profile results

	Pre B[La]	Post B[La]	Peak HR	Time to reach 2mM
Rowing cool-down	0.9	8.7	177	19mins
Passive cool-down	1.1	6.2	184	32mins

(2) Recovery profile data

Time (mins)	Rowing B[La]	Passive B[La]	Rowing HR	Passive HR	Rowing RPS	Passive RPS
0:00.0	0.9	1.1	108	103	10	10
2:30.0	8.7		177		0	
3:00.0		6.2		184		0
7:30.0	5.8		140		4	
8:20.0		5.8		112		4.5
12:00.0		5.4		106		6
13:16.0	2.4		130		7	
16:00.0		4.3		101		6.5
18:59.0	1.4		120		7.5	
20:00.0		4.0		107		7
24:00.0		3.3		99		7
28:00.0		2.4		101		7
32:00.0		2.1		98		7.5

# Oarsome Sport & Fitness Physiological Testing



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## Physiological Testing

### (3) Comments

- Pre- warm up blood lactate values were similar for each race and were as expected pre-race
- Post blood lactate values were relatively low – this could be due to the lack of carbohydrate in the diet
- However, the fact that the second race peak blood lactate was lower following food likely discounts this theory
- The low blood lactate levels could be due to a low lactate production level which is reflective of the training phase – lactate production is likely to increase with this type of training in the competition phase
- It is also plausible that some lactate may have been metabolised during the race
- Alternatively the lactate values may be reflective of the production within the relatively small muscle mass in lightweight rowers
- Lactate clearance was faster during the rowing recovery – the very short bursts in this recovery would have aided to increase blood flow to flush out lactic acid from the muscles while short enough not to rely on anaerobic glycolysis
- The faster clearance rates in the rowing recovery were reflected in the fact that higher RPS values were obtained sooner than the passive recovery despite the fact exercise was being undertaken
- Recovery following races should last approximately 20 minutes and included 4-5 short bursts of no more than 3-5 strokes

### (3) Future support

- Future recovery profiles should compare rowing with short bursts to low intensity rowing only and a walking recovery protocol