

Oarsome Sport & Fitness Physiological Testing

Rowing Threshold Verification Assessment

Physiologist: Kevin Watson

Rowing Ergometer Test

(1) 30 minute Threshold Results

Time (mins)	Average Power Output (W)	Distance (m)	Heart Rates (bpm)	[Lactate] (mM)	RPS
Rest	X	X	84	1.1	X
5	237.1	1333	168	2.7	7
10	237.0	1328	174	3.3	7
20	237.1	2649	175	4.2	6
25	237.0	1334	177	4.2	6
30	237.0	1332	179	3.8	6
After 5 mins recovery	135.4	X	154	1.8	6

(2) Training Intensities

Training Zone	Power (Watts)	Time/500m (secs)	Heart Rates (bpm)	[Lactate] (mM)	RPS
1. Rest/Recovery*	<175	<2.06	<150	<1.5	<8
2. Aerobic – maintenance (UT ₂)*	<200	>2.00	150-160	<2.0	8
3. Aerobic – development (UT ₁)*	200-225	1.56-2.00	160-174	2.0-3.0	8
4. Threshold (AT)*	237	-	168-179	2.7-4.5	7-6
5. Interval – VO ₂ max (TR)*	250-275	1.48-1.52	179-187	4.5-9.6	5-6
6. Interval – Anaerobic (LT)	>275	<1.48	>187	>9.6	<5
7. Fartlek – Alactic (AL)	>300	<1.44	-	-	-

*note changes compared to previous report

(3) Comments & Training

- 30 minutes AT sessions should be completed at 237W

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Physiological Testing

- Heart rate for threshold work is between 168-179bpm and should gradually increase over the training session. Aim for 174 after 5 minutes.
- End heart rate should be above 175-180bpm
- This type of session is where you will see the most physiological improvement in rowing performance
- 5 minutes recovery <140W is adequate to return blood lactate to resting levels
- Heart rate will be altered depending of temperature in gym / rowing club / academy. Expect increased heart rate and blood lactate in hot environment (academy)
- This has implications if you are training in a cool environment. 240-242W may be required in such instances (GRC)
- You don't need to worry about too warm conditions. The rowing academy is warmer than or as warm as anywhere else you are likely to train.
- Try to maintain an even power output through test and stroke by stroke