Athlete Testing Protocols

14th March, 2003

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Six Protocols

- 500 m
- Incremental Step Test
- Strength / Power
- 1000 m
- Sub-Maximal Test
- Anaerobic Capacity

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500m Test

- **The test:** A 500 meter piece in a single scull or on the Rowperfect recording the number of strokes taken to complete the test. There is no fixed rate or power output set, it is up to the athlete
- **The conditions:** On water – do test twice, once with the conditions and once against.
- No special preparation required of athlete except that they are warmed up
- **Frequency of testing:** Recommend as a test of progress in skill run bi-monthly or monthly

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500m Test

- Results (on water)
- Girls aged 20 30 strokes with conditions and 35 against conditions
- Younger girl 36 with and 39 against
- Boy young 29 with and 36 against
- Older boy 24 with 36 against

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Incremental Step Test

- **The test:** This is designed to measure effectiveness of training.
- **The conditions:** A light training day before relative to normal training loads.
- **Frequency of testing:** Typically every 6 – 8 weeks to fit within the cycle of training programme.

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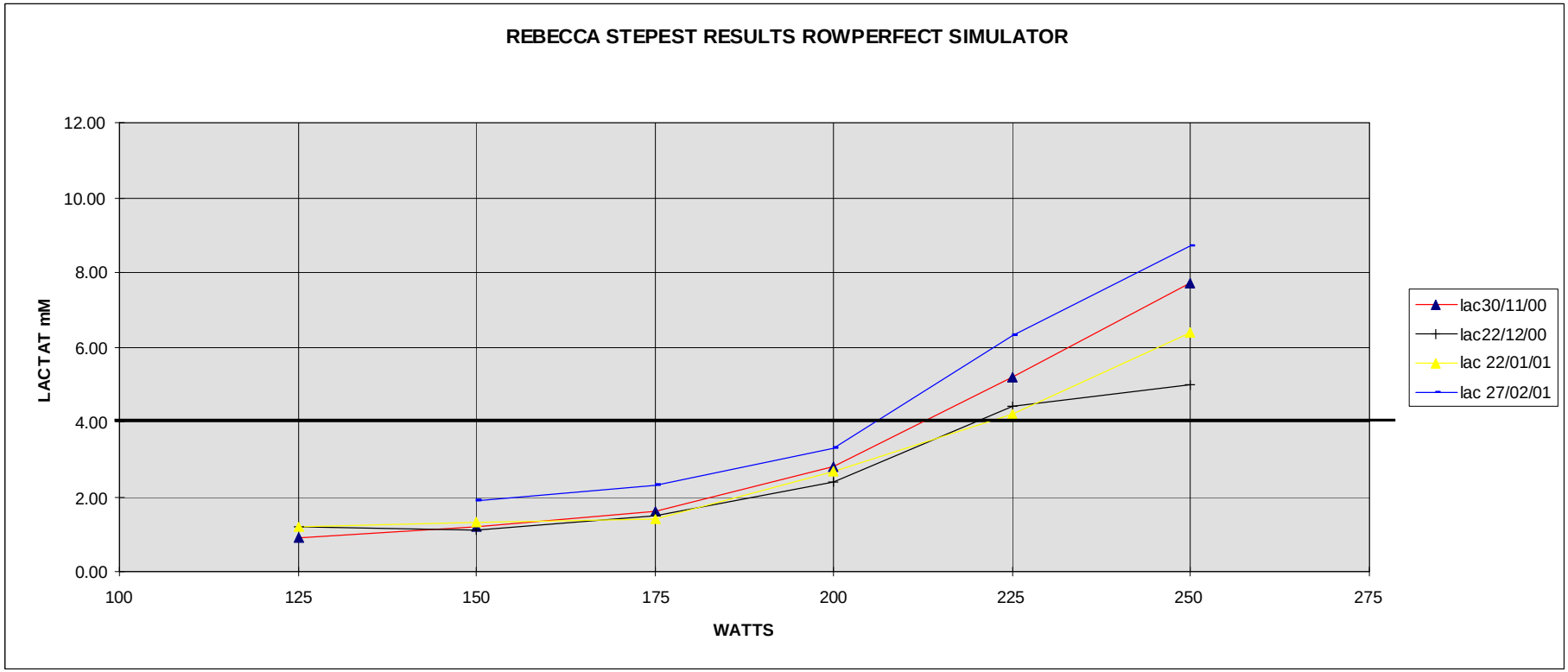
Incremental Step Test



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Strength / Power Test

- **The test:** The Strength/Power Test is designed to illustrate and measure specific rowing skill and strength. It can be used to monitor athlete response to the training programme and to see whether specific training (e.g. power strokes) is paying off in increased strength.
- **The conditions:** No special needs
- **Frequency of testing:** This test can be run alongside any other test you may be running. As it does not take much time, it may be used as a pre-test before, for example, a step test.

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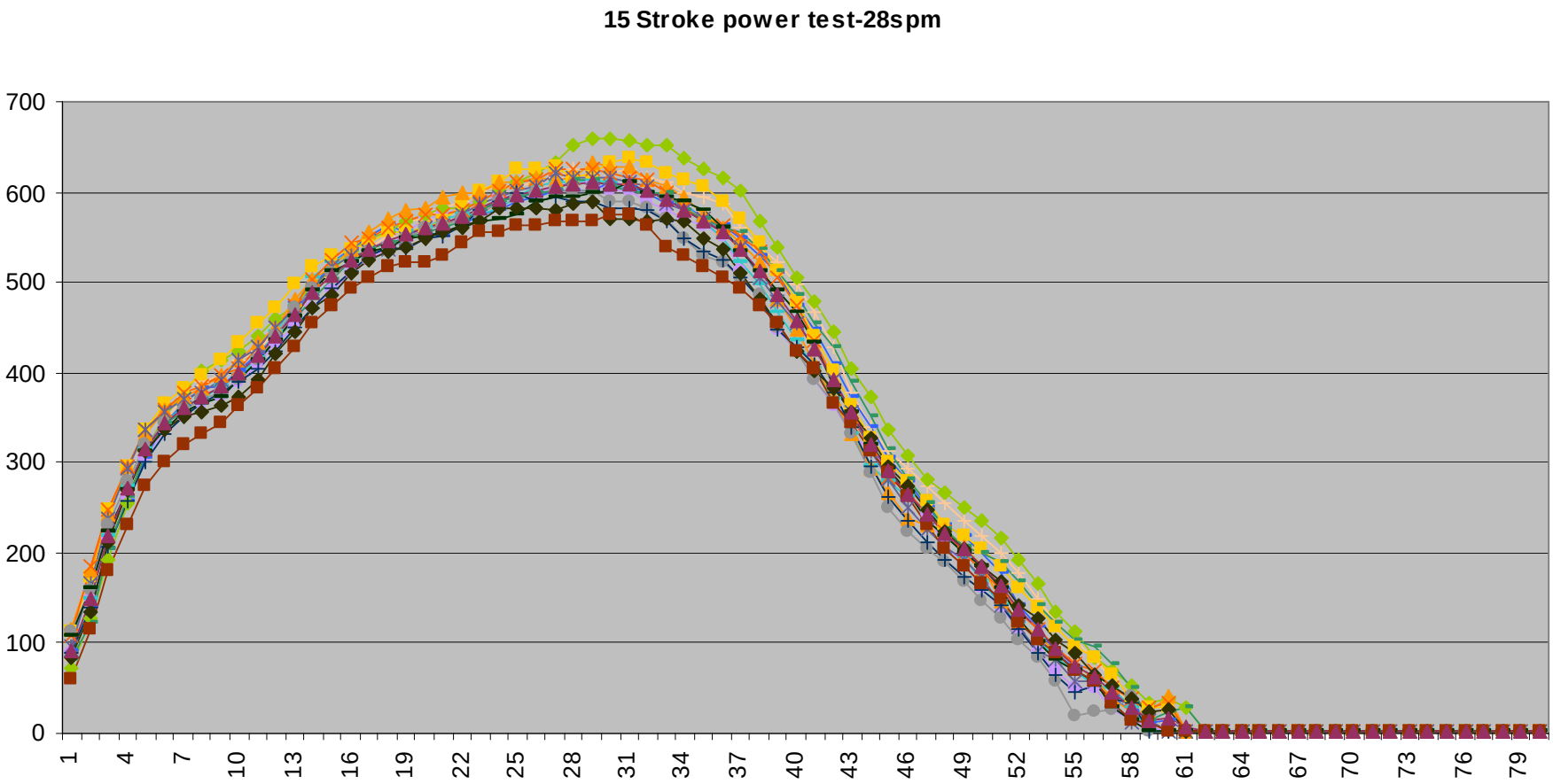
Strength / Power Test



Courtesy of Giles Warrington,
Irish Rowing Federation

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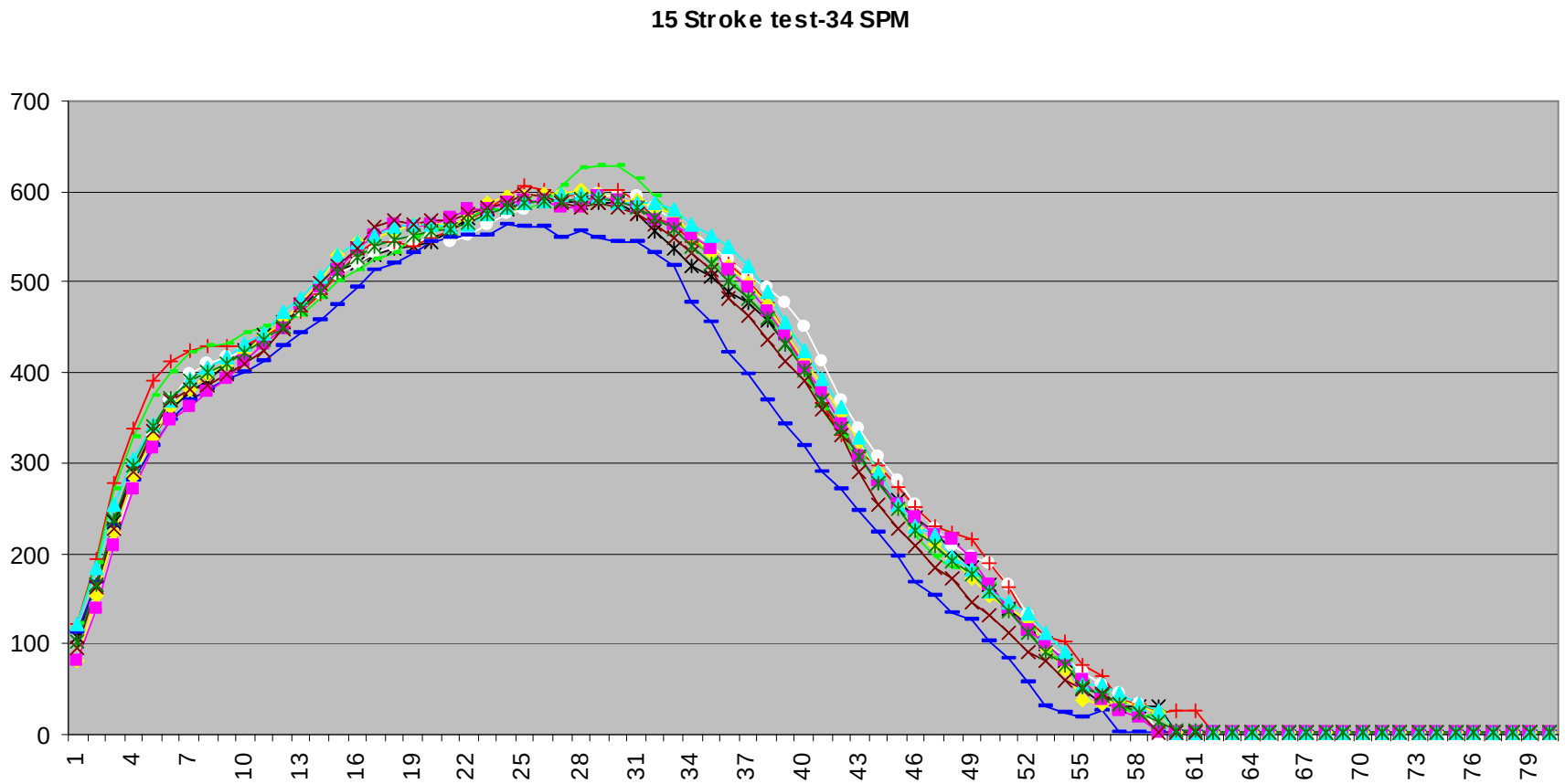
Strength / Power Test



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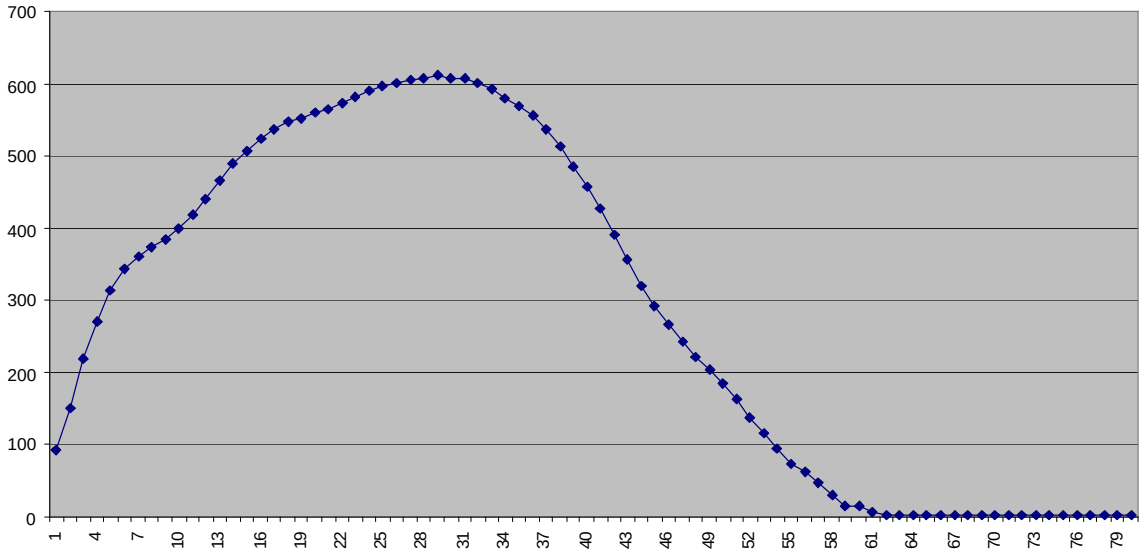
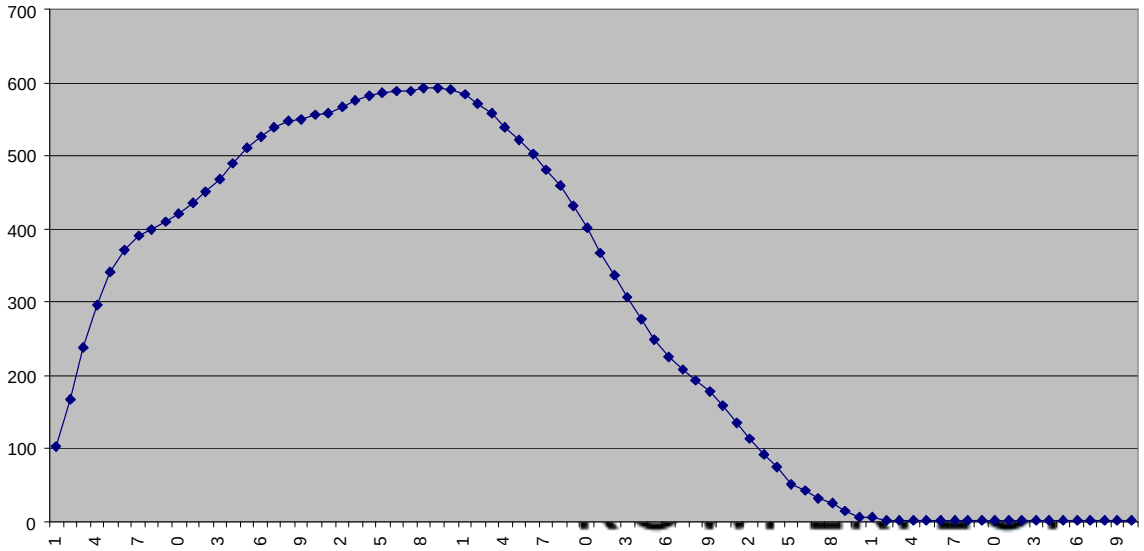
Strength / Power Test



Average Power

28 spm



34 spm

1000 m Test

- **The test:** Two 1000 m pieces are rowed on the Rowperfect at rates over 36 spm with time recorded. The objective is to measure fitness and recovery as well as psychological race readiness. The coach can assess the athlete's skill in transferring technique into the boat at race pace.
- **The conditions:** No tapering is required, or possibly one lighter session beforehand.
- **Frequency of testing:** The test is designed to demonstrate 'race readiness' of a crew later in the season when it is inappropriate to run a full 2000m test to exhaustion.

Sub Maximal Test

- **The test:** As the name suggests, a measure of training progress without total exhaustion. Used regularly the test can provide good data to appraise tiredness, strength progress and recovery rates (state of training)
- **The conditions:** No special pre-conditions required
- **Frequency of testing:** Weekly or bi-weekly as needed when not doing 2,000m test

Sub Maximal Test

	27-Apr	12-May	18-May	25-May	01-Jun	08-Jun	15-Jun	20-Jun	29-Jun
Calvin Ferguson									
M1	90	91	90	91	91	92	92	92	91
Recovery	35.52	30.27	25.81	28.8	26.92	26.92	28.65	21.79	34.78
& Max	91.5	92.5	93	92	91	87.5	96	89.5	92
M2	519	515	514	514	505	523	523	510	524
Grant Craies									
M1	87	88	86	89	87	89	91	91	90
Recovery	24.44	21.47	21.97	21.51	23.21	27.27	23.56	30.86	24.85
& Max	90.45	88.94	91.92	86.81	84.85	88.89	87.88	88.38	85.35
M2	499	506	495	502	494	497	506	502	498
David Lightbourne									
M1	85	85	87	86	85	86	87	88	90
Recovery	21.57	37.11	28.13	32.48	41.56	46.71	43.4	41.18	39.86
& Max	76.88	79.9	80.4	79.29	77.78	76.76	80.3	77.27	77.27
M2	506	503	494	494	498	497	501	501	499
Scott Crampton									
M1	91	87	88	89	91	89	92	92	91
Recovery	16.13	19.89	22.16	20.11	19.34	22.37	21.74	23.91	25.4
& Max	92.54	90.45	92.04	91.54	90.05	87.56	91.54	91.09	92.03
M2	505	505	507	508	508	510	518	511	502

Anaerobic Capacity Test

- **The test:** A new test designed to assess the athlete's fitness and to determine a 'fade' factor to show when full recovery is not achieved between test periods.
- **The conditions:** No special preparation needed.
- **Frequency of testing:** The test can be applied throughout the year, but may be particularly useful to track fitness progress through the later winter and into spring racing season. It may also help determine fitness to race for athletes returning after injury or sickness

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