

Strength / Power Test Protocol

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. By examining the change in curve between the rates the athlete's skill in maintaining technique at race rates can be clearly seen, particularly any loss in effective stroke length.

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.

Running the test:

Warm Up

The test consists of a standardised warm up consisting of 10 minutes @ 200w(men) or 150w (women). The warm up will include 3 x 15 second stroke bursts at 4 minutes (R=26), 6 minutes (R=26) and 8 minutes (R=28).

Stage 1

Each rower then performs 18 maximal strokes (including a 3 stroke build up) at a fixed rate of 28 focusing on good rowing technique and consistent stroke length throughout. Each stroke curve is saved for determination of power output and stroke length from the 15 maximum strokes.

Recovery

Each rower then rows for 1 minute @ 150/200 watts before completing 10 minutes passive recovery.

Stage 2

Each rower then repeats stage 1 but this time at a fixed rate of 34.

Setting up the Rowperfect

From the F6 User Settings screen load profile for user or set new user profile (e.g. sptest). Highlight user identification field hit enter. Change user name (8 characters max). Enter Amend weight, gender, boat type as above

Highlight "Session is limited by" - select strokes. Enter

Value of limitation – 19. Enter

F1 to Accept

Now set displays by pressing F2

Recommended displays and arrangement (f2 to change):

1. Power/stroke,
2. Power (average)
3. Stroke length
4. Number
5. Time
6. Energy / Stroke
7. Rate
8. Distance

Hit F6 to return to user screen. Press F8 to save confirm file name Enter.

F1 to accept and return to work screen.

You can now start the test.

When first athlete is finished the machine is paused while you save the session file. [F1 to Evaluate and F8 to save the session file To save it as an Excel readable file press F1 to Evaluate and then F4 Text. From the dialogue box, arrow down to Session and press space bar to select. And hit enter to save.]

To re-start the test hit F4 reset and space bar toggles pause on and off. If you have not saved the data this will clear all information and it is not retrievable.

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