

## **1000m Test Protocol**

**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 athlete is guided to produce the 'best possible' score overall.

**The conditions:** The test is run twice with a 10 minute rest between pieces. 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.

**Running the test:** Allow athletes to warm up. Set the Rowperfect User to match the athlete's sex, weight and the boat type. Recommend using the same boat type that they will be racing.

Minimum rating is 36 spm.

10 minutes rest from completion to start of second piece.

### Setting up the Rowperfect

From the F6 User Settings screen load profile for user or set new user profile (e.g. 1kmtest).

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 distance. Enter

Value of limitation – 1000 meters. 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. Pulse
5. Time
6. Estimated 500m time
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.