

## **Anaerobic Capacity Test Protocol**

**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 is 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.

**Running the test:** Following a standardised warm up of 10 minutes @ 200w (men) or 150w (women), each rower performs 10 x 60 seconds with 60 seconds recovery at a fixed rate of 34/36 again focusing on good rowing technique throughout. Adherence to good rowing technique and consistent stroke length is essential. Mean power output and distance covered over the 60 seconds is recorded for determination of a fatigue index

### **Setting up the Rowperfect**

From the F6 User Settings screen load profile for test or set new test profile (e.g. ACtest).

Highlight user identification field hit enter. Change name (8 characters max). Enter

Amend weight, gender, boat type as above

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

Value of limitation – 11 intervals. Enter (NB pick one higher than the number of intervals you want)

Intervals by – Time. Enter

Workperiod – 01:00 Enter

Restperiod – 01:00 Enter

F1 to Accept

Now set displays by pressing F2

Recommended displays and arrangement (f2 to change):

1. Int. Number
2. Int. Power
3. Int. Countdown
4. Pulse
5. Stroklength
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.

At the end of the session hit F1 to Evaluate and F8 to save the session file and it will prompt you with the file name you gave earlier and will save it as a session file. You can evaluate this later only from within the Rowperfect software Evaluation screen.

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. This will save it as a .brm file which can be read by Excel and re-saved as an Excel format file.

**Sample outputs:** This test is still under development