

Incremental Step Test Protocol

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.

Running the test:

Protocol for international lightweight men*

Step	Time	Workload	Stroke Rate (guideline)
1	0:00-3:00	200	18/20
2	3:30-6:30	230	20/22
3	7:00-10:00	260	22/24
4	10:30-13:30	290	24/26
5	14:00-17:00	320	26/28
6	17:30-20:30	350	28/30
7	21:00-24:00	380	30/32

International lightweight women start the test at 150 watts with increments of 20 watts

International heavyweight women start at 170 watts

International heavyweight men start at 240 watts

For club level athletes start 20 to 40 watts below the international level step 1.

- Standardised warm up 10 minutes below 200 watts for men and 150 watts for women
- **Phase I - Submaximal Incremental Step Test (5-7 steps)**
Terminated at 2 steps above the individual lactate threshold ($\approx 5-6\text{mmol}\cdot\text{l}^{-1}$)
- **Phase II - 4 Minute Maximal Test**
-Following a 2 minute recovery each rower performs a 4 minute maximal effort for determination of distance covered and peak VO_2 .
-4 minutes maximal effort for determination of VO_2 peak
-Peak power and distance covered in the 4 minute test to be recorded
-Blood lactate sample to be taken 5 minutes post exercise

Setting up the Rowperfect

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

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

Amend weight, gender, boat type as above

Highlight Display and select Conconi

Value of Limitation – 8 (one more than number of steps)

Start value – select according to athlete

Step value – select according to athlete

F1 to Accept – takes you back to rowing screen

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Recommended displays and arrangement (F2 to change; space bar to set each one; enter to return):

1. Target
2. Int. Power
3. Power / stroke
4. Int. Countdown
5. Pulse
6. Int. Number
7. Stroke length
8. Stroke rate

Return to F6 once you have set the displays and hit F8 to save this display format with this user or test profile.

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.