Sub Maximal Test Protocol

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

Running the test:

0 - warm up
1min. - 15 sec. flat out - record metres covered = M1
steady rowing.
2 min. - start working at target rate.
7 min. - stop work - take heart rate = HR1
sit
8 min. - take heart rate = HR2
sit
9 min - 1 min. 30 sec. flat out - record metres covered = M2

Women

Work Load — **Heavyweight** assuming ideal - 2000m in 7 minutes
75% = 2min. 02sec. pace
Lightweight assuming ideal - 1900m in 7 minutes
75% = 2min. 10sec. pace

Men

Work Load — **Heavyweight** assuming ideal - 2000m in 6 minutes
75% = 1min. 44sec. pace
Lightweight assuming ideal - 1900m in 6 minutes
75% = 1min. 49sec. pace

ALACTIC = metres covered in 15 sec. (M1)
LACTIC = metres covered in 1 min. 30sec. (M2)
Anaerobic capacity applied strength (neuro-muscular)
Max. Heart Rate 220 minus age

RESULTS

This test indicates **work capacity** and **state of training**.

1. M1 = applied strength (Alactic)
2. **Work capacity** (% max. Test) $\frac{HR1}{220 - age} \times 100$
3. **Recovery/State of training** $\frac{HR1 - HR2}{HR1} \times 100$ (index)
4. M2 = Anaerobic Capacity (Lactic)

SUB MAXIMAL TEST: ROWPERFECTERGOMETER

Name: Date: Weight:

Category: Age:

			M1			HR1		HR2			M2
METRES	WARM UP	FLAT OUT		SLOW ROW	SUB MAX		SIT		SIT	FLAT OUT	
PULSE											
	1 MIN	15 SEC		1 MIN	5 MIN		1 MIN		1 MIN	1 MIN 30 SECS	

M1 =

Recovery = $\frac{HR1 - HR2}{HR1} \times 100$

% MAX = $\frac{HR1}{220 - Age} \times 100$

M2 =

TEST: 2:02 heavyweight women
2:10 lightweight women

75% of 1900m in 7 minutes