

# ROYLEROW

PERFORMANCE TRAINING PROGRAMS

## Setting Your Training Paces

This is an explanation of how you should set your training paces for each training category used in your workouts as determined by the results of your 20-minute time trial\*.

1. Each time you do a 20:00 time trial record your total meters rowed and calculate your average pace per 500 meters. Water times compare to water paces, erg times to erg paces.
2. Use your 500-meter average pace as your reference pace.
3. Go to the chart below and in column two; find your average split.
4. Read across the row to see what your pace should be for each training category.
5. Note that there are two levels of Cat. VI. If you cannot maintain the *well-trained* pace easily, meaning it is “conversational”, use the *club-level* paces until you have gained more base aerobic fitness. Take caution to not push this intensity too hard.
6. If the paces begin to feel easy you should retest your 20:00 trial and adjust your paces accordingly based on the improvement in your performance. If you have been ill or have just recovered from an injury you should retest your 20:00 trial and set your new training pace based on where you are.
7. Your training pace per 500 meters for Cat VI well trained is +13-18 seconds slower than your 500-meter average; Cat VI club-level is +18-23 seconds slower than your 500-meter average; Cat V is +8-12 seconds slower than your 500-meter average. Cat IV is +2 seconds slower than your 500-meter average pace; Cat III is -2 seconds faster than your 500-meter average pace. Cat II is 5% faster than your 500-meter average pace (Cat II is equivalent to your 2000-meter race pace).
8. If your average 500-meters is not on the chart just apply the above (#7) to your average 500-meter pace to get your training paces.
9. Example: If your average pace for 20:00 was 2:00 per 500m. Your Cat VI pace is 2:13-2:18 per 500m or 2:18-2:23 per 500m, your Cat V pace is 2:08-2:12 per 500m, your Cat IV pace is 2:02 per 500m, your Cat III pace is 1:58 per 500m, and your Cat II pace is 1:54 per 500m.

### Reference Chart for Determining Training Paces for Categories VI-II

500m Split	VI +13-18 Well-trained	VI +18-23 Club-level	V +08-12	IV+02	III -02	II -5 % Rounded off
1 :40	1:53-1:58	1:58-2:03	1:48-1:52	1:42	1:38	1:35
<b>1 :41</b>	<b>1:54-1:59</b>	<b>1:59-2:04</b>	<b>1:49-1:53</b>	<b>1:43</b>	<b>1:39</b>	<b>1:36</b>
1 :42	1:55-2:00	2:00-2:05	1:50-1:54	1:44	1:40	1:37
<b>1 :43</b>	<b>1:56-2:01</b>	<b>2:01-2:06</b>	<b>1:51-1:55</b>	<b>1:45</b>	<b>1:41</b>	<b>1:38</b>
1 :44	1:57-2:02	2:02-2:07	1:52-1:56	1:46	1:42	1:39
<b>1 :45</b>	<b>1:58-2:03</b>	<b>2:03-2:08</b>	<b>1:53-1:57</b>	<b>1:47</b>	<b>1:43</b>	<b>1:40</b>
1 :46	1:59-2:04	2:04-2:09	1:54-1:58	1:48	1:44	1:41
<b>1 :47</b>	<b>2:00-2:05</b>	<b>2:05-2:10</b>	<b>1:55-1:59</b>	<b>1:49</b>	<b>1:45</b>	<b>1:42</b>
1 :48	2:01-2:06	2:06-2:11	1:56-2:00	1:50	1:46	1:43
<b>1 :49</b>	<b>2:02-2:07</b>	<b>2:07-2:12</b>	<b>1:57-2:01</b>	<b>1:51</b>	<b>1:47</b>	<b>1:44</b>
1 :50	2:03-2:08	2:08-2:13	1:58-2:02	1:52	1:48	1:45
<b>1 :51</b>	<b>2:04-2:09</b>	<b>2:09-2:14</b>	<b>1:59-2:03</b>	<b>1:53</b>	<b>1:49</b>	<b>1:45.5</b>
1 :52	2:05-2:10	2:10-2:15	2:00-2:04	1:54	1:50	1:46
<b>1 :53</b>	<b>2:06-2:11</b>	<b>2:11-2:16</b>	<b>2:01-2:05</b>	<b>1:55</b>	<b>1:51</b>	<b>1:47</b>
1 :54	2:07-2:12	2:12-2:17	2:02-2:06	1:56	1:51	1:48
<b>1 :55</b>	<b>2:08-2:13</b>	<b>2:13-2:18</b>	<b>2:03-2:07</b>	<b>1:57</b>	<b>1:53</b>	<b>1:49</b>
1 :56	2:09-2:14	2:14-2:19	2:04-2:08	1:58	1:54	1:50
<b>1 :57</b>	<b>2:10-2:15</b>	<b>2:15-2:20</b>	<b>2:05-2:09</b>	<b>1:59</b>	<b>1:55</b>	<b>1:51</b>
1 :58	2:11-2:16	2:16-2:21	2:06-2:10	2:00	1:56	1:52
<b>1 :59</b>	<b>2:12-2:17</b>	<b>2:17-2:22</b>	<b>2:07-2:11</b>	<b>2:01</b>	<b>1:57</b>	<b>1:53</b>
2 :00	2:13-2:18	2:18-2:23	2:08-2:12	2:02	1:58	1:54
<b>2 :01</b>	<b>2:14-2:19</b>	<b>2:19-2:24</b>	<b>2:09-2:13</b>	<b>2:03</b>	<b>1:59</b>	<b>1:55</b>
2 :02	2:15-2:20	2:20-2:25	2:10-2:14	2:04	2:00	1:56
<b>2 :03</b>	<b>2:16-2:21</b>	<b>2:21-2:26</b>	<b>2:11-2:15</b>	<b>2:05</b>	<b>2:01</b>	<b>1:57</b>
2 :04	2:17-2:22	2:22-2:27	2:12-2:16	2:06	2:02	1:58
<b>2 :05</b>	<b>2:18-2:23</b>	<b>2:23-2:28</b>	<b>2:13-2:17</b>	<b>2:07</b>	<b>2:03</b>	<b>1:59</b>
2 :06	2:19-2:24	2:24-2:29	2:14-2:18	2:08	2:04	2:00
<b>2 :07</b>	<b>2:20-2:25</b>	<b>2:25-2:30</b>	<b>2:15-2:19</b>	<b>2:09</b>	<b>2:05</b>	<b>2:01</b>
2 :08	2:21-2:26	2:26-2:31	2:16-2:20	2:10	2:06	2:02
<b>2 :09</b>	<b>2:22-2:27</b>	<b>2:27-2:32</b>	<b>2:17-2:21</b>	<b>2:11</b>	<b>2:07</b>	<b>2:03</b>
2 :10	2:23-2:28	2:28-2:33	2:18-2:22	2:12	2:08	2:03.5
<b>2 :11</b>	<b>2:24-2:29</b>	<b>2:29-2:34</b>	<b>2:19-2:23</b>	<b>2:13</b>	<b>2:09</b>	<b>2:04</b>
2 :12	2:25-2:30	2:30-2:35	2:20-2:24	2:14	2:10	2:05
<b>2 :13</b>	<b>2:26-2:31</b>	<b>2:31-2:36</b>	<b>2:21-2:25</b>	<b>2:15</b>	<b>2:11</b>	<b>2:06</b>
2 :14	2:27-2:32	2:32-2:37	2:22-2:26	2:16	2:12	2:07
<b>2 :15</b>	<b>2:28-2:33</b>	<b>2:33-2:38</b>	<b>2:23-2:27</b>	<b>2:17</b>	<b>2:13</b>	<b>2:08</b>
2 :16	2:29-2:34	2:34-2:39	2:24-2:28	2:18	2:14	2:09
<b>2 :17</b>	<b>2:30-2:35</b>	<b>2:35-2:40</b>	<b>2:25-2:29</b>	<b>2:19</b>	<b>2:15</b>	<b>2:10</b>
2 :18	2:31-2:36	2:36-2:41	2:26-2:30	2:20	2:16	2:11
<b>2 :19</b>	<b>2:32-2:37</b>	<b>2:37-2:42</b>	<b>2:27-2:31</b>	<b>2:21</b>	<b>2:17</b>	<b>2:12</b>
2 :20	2:33-2:38	2:38-2:43	2:28-2:32	2:22	2:18	2:13

