



Indoor ***Rowing***
Training Log

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Indoor Rowing Training Log

The Indoor Rowing Training Log was written by Keith & Celia Atkinson, and international rowing coach Terry O'Neill, and produced by Concept II Ltd.

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Indoor Rowing Training Log

This training log is designed to be an annual record of your training on the Indoor Rower. There are 52 weeks to complete and, at the end of each 13 week period, a Quarterly Progress Report consisting of a series of tests for you to monitor your progress. A short explanation of these tests and how to set the drag factor on the machine appear at the back of the log.

The Indoor Rowing Training Log is designed to be used in conjunction with Concept 2's Indoor Rowing Training Guide which provides in-depth training advice for all users whatever their goals. It includes pre-set training programmes, advice on correct technique, suitable stretching exercises as well as all the information you need to construct your own personal programme. As well as this free download you can buy the complete training log, spiral bound, direct from Concept 2 (tel: 0115 945 5522).

WARNING: The information provided within this log is not intended to be a substitute for medical advice. We strongly recommend that you check with your doctor prior to commencing any training programmes to ensure that you are physically able to undertake such exercise. Concept II Ltd accepts no responsibility for illness or injury resulting from the use of this log.

Week: 10 Date: 24/1/00

Day	Workout	Drag Factor	HR Range	Total Time	Average Pace	Total Distance (m)
M O N	3 x 4' TR 32 SPM	130	175- 180	26:00.0	1:52.3	6,943
	/			: .	: .	
T U E	9 x 1' AN 34 SPM	130	185- 190	25:00.0	1:55.7	6,482
	/			: .	: .	
W E D	/			: .	: .	
	/			: .	: .	
T H U	4 x 6' AT 28 SPM	130	165- 170	40:00.0	1:59.1	10,072
	/			: .	: .	
F R I	/			: .	: .	
	/			: .	: .	
S A T	6 x 2' TR 32 SPM	130	175- 180	32:00.0	1:57.5	8,170
	/			: .	: .	
S U N	/			: .	: .	
	/			: .	: .	

Cumulative Time/Distance:

132 : 00 . 0

31,667

Day	Workout Results, Breakdown and Comments
M O N	1st 4' - 1,154m 2nd 4' - 1,147m 3rd 4' - 1,170m
T U E	303m, 307m, 299m, 301m, 304m, 302m, 309m, 301m, 312m
W E D	45' RUN HR 150s
T H U	1,698m, 1,703m, 1,711m, 1,699m
F R I	Weights: Bench Pull 4 x 8 - 55kg Leg Press 4 x 8 - 160kg Bench Press 4 x 8 - 67.5kg Sit Ups 3 x 30
S A T	598m, 601m, 614m, 603m, 607m, 582m
S U N	

Week: _____ Date: _____

Day	Workout	Drag Factor	HR Range	Total Time	Average Pace	Total Distance (m)
M O N				: .	: .	
				: .	: .	
T U E				: .	: .	
				: .	: .	
W E D				: .	: .	
				: .	: .	
T H U				: .	: .	
				: .	: .	
F R I				: .	: .	
				: .	: .	
S A T				: .	: .	
				: .	: .	
S U N				: .	: .	
				: .	: .	

Cumulative Time/Distance:

Week: _____ Date: _____

Day	Workout	Drag Factor	HR Range	Total Time	Average Pace	Total Distance (m)
M O N				: .	: .	
				: .	: .	
T U E				: .	: .	
				: .	: .	
W E D				: .	: .	
				: .	: .	
T H U				: .	: .	
				: .	: .	
F R I				: .	: .	
				: .	: .	
S A T				: .	: .	
				: .	: .	
S U N				: .	: .	
				: .	: .	

Cumulative Time/Distance:

Quarterly Progress Report

Date: _____

Weight: Resting Heart Rate:

2,000m Test

Time: : . Ave. Pace: : .

500m Splits:

1st : . 2nd : . 3rd : . 4th : .

SPM SPM SPM SPM

Anaerobic Capacity Test (20 seconds)

Distance (metres):

Maximum Power Test (5 strokes)

Lowest 500m split: : .

Quarterly Step Test

Date:	Step 1	Step 2	Step 3	Step 4	Step 5
Set Pace/500m					
Distance (m)					
Stroke Rate (spm)					
Heart Rate (bpm)					
Actual Pace/500m					

Quarterly Progress Report

Date: _____

Weight: Resting Heart Rate:

2,000m Test

Time: : . Ave. Pace: : .

500m Splits:

1st : . 2nd : . 3rd : . 4th : .

SPM SPM SPM SPM

Anaerobic Capacity Test (20 seconds)

Distance (metres):

Maximum Power Test (5 strokes)

Lowest 500m split: : .

Quarterly Step Test

Date:	Step 1	Step 2	Step 3	Step 4	Step 5
Set Pace/500m					
Distance (m)					
Stroke Rate (spm)					
Heart Rate (bpm)					
Actual Pace/500m					

Quarterly Tests

2,000m Test

Complete 2,000m as quickly as you can. Make sure you record all data before resetting the monitor.

Anaerobic Capacity Test

This is a 20 second test which monitors the ability of the athlete to produce a lot of power in a short period of time. Set the damper at 5, the monitor on 20 seconds and row at maximum power and high rate. Record the distance covered.

Maximum Power Test

This is a five stroke test which measures the peak power produced. Set the damper at 5, the monitor on Pace/500m and build the intensity and stroke rate over three strokes, then row at maximum power and speed for five strokes. Record the fastest pace (lowest 500m split). Make sure you row full length strokes during this test.

Step Test (for competitors only)

This is an incremental step test used to determine your current anaerobic threshold. It is physically **very** demanding, but does give a lot of information. You will need a heart rate monitor linked to the Indoor Rower.

For full details on how to undertake the Step Test please consult Concept 2's Indoor Rowing Training Guide (Section 4.2; Step Test), available as a free download from the Concept 2 web site (www.concept2.co.uk) or to buy direct from Concept 2 (tel: 0115 945 5522).

Setting the Resistance

Drag Factor

For most people adjusting the damper lever is enough to ensure a reasonably consistent level of resistance. However, to ensure absolute consistency every time you row we suggest you use the drag factor. This will take account of small accumulations of dust within the flywheel and is particularly useful if you use Indoor Rowers in different locations and want to make sure the resistance is always exactly the same.



To display the drag factor press the buttons marked REST and READY on the Performance Monitor at the same time and then row a few strokes. The drag factor will appear in the bottom right hand corner of the monitor display. The typical range for the drag factor is 103 (damper setting 1) - 223 (damper setting 10). When the monitor starts up the drag factor option is off by default.



"The best off-water preparation I can get for my sport, and it's the nearest thing you'll get to actually rowing on water."

Steve Redgrave - 4 times Olympic Champion



"My fitness programme for the past few years has been based around developing a good level of basic endurance using the Indoor Rower. It proved invaluable before and I see no reason to change that winning formula now."

Pete Goss - Round the World Yachtsman



"Nowadays we are pushing the physical barriers so far I find training on the Concept II Indoor Rower essential preparation."

David Hempleman-Adams - Polar Explorer



"Rowing is the best way that I can improve both my strength and aerobic fitness in the limited time that I have available between studying and competing."

Ben Ainslie - Olympic Yachtsman

Other converts to indoor rowing include Formula One star David Coulthard, Subaru rally driver Richard Burns and Britain's Decathlon world silver medallist Dean Macey. Even NASA use it in their astronaut training programme!