

Training on the Concept 2 Rower

Before your first row:

1. Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
2. Carefully review the rowing technique. Improper technique such as extreme layback or jumping off the seat can result in injury.
3. Start each workout with several minutes of easy rowing for a warm-up.
4. Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
5. Gradually increase your rowing time and intensity over the first 2 weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
6. The best damper setting for great cardiovascular workout is in the range of 3-5. Rowing with the damper setting too high can be detrimental to your training program because it may reduce output and increase your risk of injury.
7. Aim for a stroke rate (SPM) of between 24 and 30 spm (strokes per minute).

PROPER ROWING TECHNIQUE

There are two parts to the rowing stroke, the DRIVE and the RECOVERY, but the movements are blended together to make the stroke smooth and continuous. There should be no stopping at any point in the stroke. Improper technique can lead to injury.

1. **The CATCH:**

- a. The rower reaches forward with knees bent, arms extended, and body leaning toward the flywheel.
- b. The DRIVE is begun with the legs and the back doing all the work.
- c. NOTE: The arms are straight and the shoulders are relaxed.

2. **The DRIVE:**

- a. During the DRIVE, the rower straightens the legs and swings the back through the vertical position.
- b. Halfway through the DRIVE, the arms are still straight and the shoulders are relaxed.

3. **The FINISH:**

- a. At the finish of the DRIVE, the handle is pulled by the arms and shoulders into the abdomen.
- b. The legs are straight and the body is leaning back slightly.
- c. NOTE: The height of the handle is neither at the chest nor in the lap.

4. **The RECOVERY:**

- a. The RECOVERY is begun by extending the arms and swinging the body forward at the hips.
- b. This puts the handle in front of the knees to avoid interference between the knees and hands as the seat moves forward.

5. **The CATCH:**

- a. The body is drawn forward with the legs to the starting position for the next stroke.
- b. The rower is now ready to begin the next drive.
- c. Remember that your body should never come to a complete stop.

WORKOUT INTENSITY

The harder you pull, the more resistance you will feel. This is because the Concept 2 Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be.

You can row as hard or as easy as you wish. The indoor rower will not force you to row at any set intensity level. It is up to you. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories. All of these outputs will be measured and displayed by the PM3-Monitoring System.

The damper setting is like bicycle gearing. It affects the feel of the rowing but does not directly affect resistance. The recommended damper setting is 3-5 for the best aerobic workout.

You can view your performance in pace, watts and calories. The PM3 displays your output in a choice of units and display options.

TABATA PROTOCOL

The Tabata principle for the track work can be applied to the Concept 2 rower. Once you have been introduced to the Concept 2 rower and learned technique, you can begin to experience the benefit of rower training due to its low impact status.

Example of a TABATA protocol for the rower:

Week 1:

Monday: 8 sets of 20:10 (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Tuesday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

Wednesday: 10 sets of 20:10 (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Thursday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

Friday: 12 sets of 20:10 (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Saturday and Sunday: Rest and Recover

WEEK 2:

Monday-Wednesday-Friday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

Tuesday and Thursday: 10 sets of 30:10 (Tuesday) and **12** sets of 30:10 (Thursday) (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

WEEK 3:

Monday-Wednesday-Friday: 8 sets of 40:20 (Monday); **10** sets of 40:20 (Wednesday); and **12** sets of 40:20 (Friday) (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Tuesday and Thursday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

WEEK 4:

Monday-Wednesday-Friday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

Tuesday and Thursday: 10 sets of 50:20 (Tuesday) and **12** sets of 50:20 (Thursday) (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

WEEK 5:

Monday-Wednesday-Friday: 8 sets of 60:20 (Monday); **10** sets of 60:20 (Wednesday); and **12** sets of 60:20 (Friday) (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Tuesday and Thursday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.

WEEK 6: (Re-assessment period on the Concept 2 rower or PRT Protocol)

Monday-Wednesday-Friday: 8 sets of 20:10 (Monday); **10** sets of 20:10 (Wednesday); and **12** sets of 20:10 (Friday) (20 seconds of all out rowing at your top speed; followed by a 10 second slow pace) whatever your top rowing output recorded determines your slow pace. **For example:** if your top wattage was recorded at 300w then your slow pace would be 150w.

Tuesday and Thursday: Cross-training at least 2 protocols at 10 to 12 minutes apiece.