

Hi Everyone - a couple of quick ideas to keep you getting the most from your Rowperfect!

An innovative coach from Melbourne recently emailed, asking a few questions about using his new Rowperfect and I thought we could use those questions as the basis of a short newsletter discussion.

Subject: ergo work

Hi Mark,

Thanks for getting the disk down to me. The programme is in and seems to be working perfectly. Compared to previous ergos there really is an abundance of information.

I know there will be a lot of trial and error, but I'm just wondering - based on your previous experiences, if you could give me an idea what a competitive school boy and girl crew should be aiming at in the following areas on the ergo:

*Stroke Length
Power per stroke
2000m time*

I gave the following answers, which although the result of our experience are certainly *not* definitive:

Stroke Length

from 135 to 150 cm, independent of sex. This is based on work from Valery Kleshnev's Biomechanics Newsletter (and our own observations of many tests support his findings) which showed that the majority of rowers at the 2003 World Championships fell into this stroke length during racing. Some rowers can do much longer strokes, but at lower rates. Only rare cases can maintain that longer stroke length and you won't get a whole crew of rare cases very often!

Power/stroke

varies enormously depending on rate, so better to get accustomed to time/500m and target exactly what you want on the water for any given rate. One of the best features of the Rowperfect is the ability to target the **Energy (Joules) per stroke** - it can be used in the same way after a little practice.

Time for 2000m

start at exactly what you would expect from the crew on the water.

Lighter rowers will be enormously motivated in my experience. However a really good heavyweight will still beat a good lightweight, but only by 3-5 seconds, same as on the water. As back-up evidence for accuracy of the time calculated by the RP software, perhaps I can give the example of two women who trialled for (and made) the Australian team this year. They had never done a Rowperfect test before, but the average of their times on the 2x setting was almost exactly the time they achieved on the water over 2000m in a double scull the next day.

Overweight rowers will struggle straight away, and you will never need to remind them that losing weight would be a good idea! This is a great benefit in a school program - firstly because the bias of single action machines towards bodyweight is eliminated, and secondly because the last thing you would ever want to do is affect a child's self-confidence by suggesting they are overweight. This way they just work it out for themselves - the results are often remarkable.

Regards and **Rowperfect**
Mark

*Before dispatching your Rowperfect to us for service, please contact us for instructions on what to send, and how. This applies to all servicing and transport generally - it is particularly important to remove the flywheel **before** transporting your Rowperfect. The weight of the flywheel will bend the shaft if the machine is dropped or topples over, resulting in a shudder during the recovery. Shafts can be replaced, but they are an expensive item and replacement takes up to 1 hour*

Stay tuned for news of the soon-to-be-released LCD screen!