MEAT AXE ROWING

30 MINUTES

FIND YOUR ZONES.

Your training numbers from one simple erg test. No lactate test and no max effort.

The most accurate way to get your training zones is a lactate test, where sports scientists take your blood and measure it. That isn't practical for most people. This test gets you close enough numbers on your own erg.

> **this test will give you a rough but close enough indication of your numbers, knowing that they don't need to be exact.**

THE TEST

1. Warm up for 10 minutes.
2. Row 4 minutes at one steady split, then paddle 1 minute easy. That's one step.
3. In the last 30 seconds of each 4 minutes, keep rowing and say this sentence three times in a row: **"I'm a Meataxe, and this erg is going to float."**
4. In your minute off, write down how many times you got it out before you had to gasp: 3, 2, 1 or 0.
5. Go 4 seconds per 500 faster on the next step, and let the rate rise a little.
6. Stop on the step where you can't get the sentence out once.

A normal breath between sentences is fine. A gasp is when you have to stop to catch your breath.

WHERE TO START

What you know	Start at
A current 2K	Your 2K split plus 30 seconds
A 2K, but you're not at your best	Your best guess at your 2K today, plus 35
Only a 1K	Your 1K split plus 35
No numbers	A pace you could chat at for an hour

Example: a 6:05 2K starts at 2:00, then 1:56, 1:52, 1:48, 1:44 and 1:40. Most people do six or seven steps.

> **Check first.** If you're over 40 and new to hard efforts, or you have a heart condition, see your doctor first.

YOUR SHEET

Step	Split	How many times (3, 2, 1 or 0)

YOUR ZONES

Zone	Which step	Your split
UT3 (zone 2)	Your last step with all 3 and no gasping	
UT2	Your first step with a gasp, on the second or third time	
UT1	Your last step before you couldn't get it out	
Threshold	The step where you couldn't get it out once	

Most of your training should be UT3, at that split or slower, with the harder zones for a session or two a week. If you can't say the sentence on a UT3 row, slow down.

WANT SHARPER NUMBERS?

This is optional. Two or three days later, do a 5K and the ten-stroke peak test.

The 5K. Start at your threshold split. Hold it for 2,000m, then take a second or two off each 1,000 if you feel good.

The peak test. After a warm-up, take five strokes to build, then five flat out. Write down your highest watts.

Step	Do this	Mine	Yours
A. Talk watts	Your UT3 split in watts	256 (1:51)	
B. 5K watts	Your 5K average	442 (1:32.5)	
C. Threshold	B x 0.88	389 (1:36.5)	
D. The gap	C minus A	133	
E. UT2	A plus a third of D	300 (1:45)	
F. UT1	A plus two thirds of D	345 (1:40.5)	
G. Power vs engine	Peak watts divided by B	Not tested	

Under about 2.2 on G, your engine is ahead, so add power work. Over about 2.8, your power is ahead, so do more UT3 and UT2.

Split	Watts	Split	Watts
1:30	480	2:00	203
1:35	408	2:05	179
1:40	350	2:10	159
1:45	302	2:15	142
1:50	263	2:20	128
1:55	230	2:25	115

Retest every six to eight weeks, on the same erg at the same drag factor.

Send this to a Meataxe who needs their numbers.