

**WORLD ROWING
TEST PERFORMANCE PROGRAMME**

Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol.

The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the World Development Programmes remains solely at the discretion of the World Rowing Development team.

Instructions on drag factor and test preparation are provided in the protocol below.

The rowers participating at the test programme will be considered as in the following categories:

- High Performance rowers with six (6) and more years of rowing experience;
- Intermediate rowers with three to six (3-6) years of rowing experience;
- Beginners rowers with zero to three years (0-3) years of rowing experience.

Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold Stroke Rate (SR) 24	15 km aerobic Stroke Rate (SR) 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic Stroke Rate (SR) 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic Stroke Rate (SR) 22

Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

Day 1 - Morning

Warm up 30 minutes
 1 x 150 meters max
 Active recovery 20 minutes
 1 x 2000 meters max
 Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes
 1 x 6000 meters SR 24
 Aerobic regeneration light rowing 40 minutes

Day 2 - Morning

Warm up 30 minutes
 1x 15Km SR 22 or (for High Performance rowers)
 10Km at SR 22 (for Intermediate rowers)

*** Kindly use the Test Performance excel report template attached to submit testing results to World Rowing.**