



INDOOR ROWING

TERMINOLOGY

Damper

A setting on the erg that controls how much air flows into the machine. You can set the level anywhere from 1-10. The higher the level, the more air flows in, and the more work is required to row. This setting should not be confused with intensity. The intensity of your workout is controlled by how much you use your legs, back and arms to move the handle. For more detailed information about training intensities, take a look at the *RCA System of Training Intensity*.

Drive Phase

The power or work part of the rowing stroke.

Ergometer/Erg

An indoor rowing machine.

Recovery Phase

The part of the rowing stroke where you prepare your body for the drive phase.

Split

How long it would take you, on average, to row 500m (some machines may use a different distance to measure split).

Stroke

The cycle of movement during rowing. One stroke consists of the drive and recovery phases.

Stroke Rate

How many strokes you take per minute.



INDOOR ROWING

TRAINING INTENSITY

LOW intensity

- Rowing should feel easy and comfortable. You may even be able to hold a conversation while rowing.
- You should be able to sustain this intensity for a long period of time.
- Effort Level: 4-5 out of 10

MEDIUM intensity

- You should be working harder. Your heart rate should be up and your breathing rate should be faster.
- You should **not** be able to sustain this period for long periods of time and you may only be able to speak in short sentences.
- Effort Level: 6-7 out of 10

HIGH intensity

- You should be working your hardest. Your heart rate and breathing rate should be very fast.
- This intensity should only be used for short efforts or bursts.
- Effort Level: 8-9 out of 10

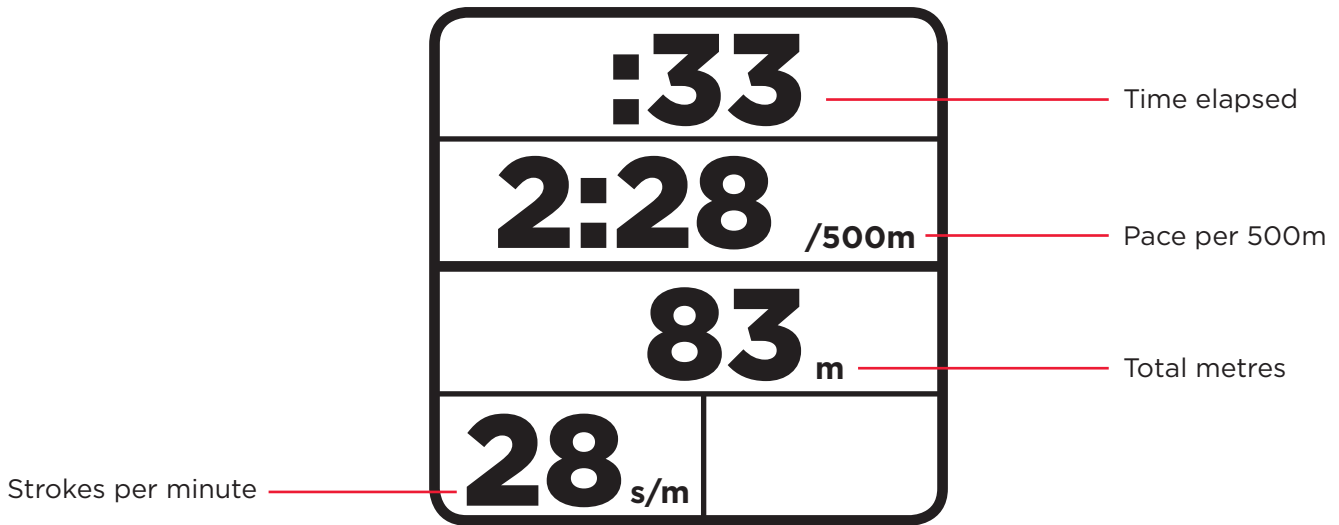
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CONCEPT2 SCREEN EXAMPLES

Large Print Screen



All Data Screen

