



Motivation

Using RowPro
to stimulate
your rowing



Could you do with some motivation?

You're rowing for life...

There's no doubt that sticking with your rowing over the long term is the key to success. And that means maintaining your motivation over the long term is vital to getting the lifelong fitness and health outcomes you want from your rowing.

Why motivation is the key

Research into the success factors driving long-term exercise programs clearly shows that your motivation is the most important, enduring and effective contributor to keeping up your rowing over the long term. Bottom line - it's essential.

Using RowPro for Motivation

The motivation challenge

Most rowers are busy people, so each rowing session faces a daily contest with work, family and other activities. As a result, people's rowing tends to fall away over time - research shows that without RowPro, on average it's already down 15% after just one year.

RowPro overcomes this challenge by being your constant rowing companion and lifelong motivator, providing a mix of mental and physical boosters to stimulate your rowing during the weeks, months and years of active rowing ahead.

Understanding what motivates you

There's been a lot of research into what motivates people to keep exercising. It shows:

- Just having a positive outcome expectation greatly improves your chances of actually achieving that outcome.
- When you can see for yourself that you're rowing correctly, you feel you have mastered it and can do it - and this feeling strongly boosts your motivation.
- Other important motivation factors are having structure, variety and appropriate intensities in your workouts, setting realistic goals, and confirming you're making good progress.

How RowPro stimulates your rowing

RowPro enables you to make the critical mind-shift from the discipline of 'I need to row' to the enjoyment of 'I want to row'. RowPro does this by providing:

- A 3D graphics display that enables you to row on a virtual river with live water.
- Training programs that bring structure, variety, interest and accuracy into your workouts.
- Tracking mechanisms that enable you to track your performance and progress over time.
- A powerful virtual boat system that enables you to row with pace boats and past rows.
- An incredible online rowing system that enables you to row with other people anywhere in the world live in real time, or join online regattas or races.

In our user research, the most-cited benefit of RowPro by far is 'motivation'. People report they feel 'alive and energized' after rowing with RowPro.

Step-by-step guide

Using training plans to give your rowing structure, variety and accuracy

The steps for getting and using a RowPro training plan are set out in the Training with RowPro guide, which you can download from www.digitalrowing.com/documents.

Tracking your performance and progress over time

The steps for using RowPro to track your performance and progress are set out in the Tracking mini-guide, which you can download from www.digitalrowing.com/documents.

Using virtual competitors to spice up your rowing

There are three types of virtual competitors – the pace boats built into RowPro, your own past rows, and tens of thousands of Rowfiles recorded at CRASH-B and BIRC championships.

1. To set up a simple pace boat, in RowPro Session Setup, select one of the Set Piece rows, click one of the buttons 1-3 in the Lanes section at the right, click Pace Boat, check Quick Pace, enter the pace and SPM you want, and click Select. Then row with the pace boat.
2. To set up a past row, check it's the same duration as one of the Set Piece rows, and also check that strokes were saved for that row. Then in Session Setup select a lane, click Past Row, select one of the past rows listed there, and click Select. Then row with the past row.
3. To set up a Rowfile, download it from <http://www.digitalrowing.com/Rowing/rowfiles.html>, then in RowPro click Control Center | Rowing Log | Import to import it into RowPro, where it will be saved in the Competitor log. Now go into Session Setup, select the Set Piece that matches the duration of the imported Rowfile (usually 2000m), click one of the buttons 1-3 in the Lanes section, click Competitor, select one of the Rowfiles, and click Select. Then row.

Rowing online to tap into the energy of the online rowing community

1. There are many daily online sessions you can join or you can make your own. To see what's on, download the free Oarbits app for iOS or Android. Search for Oarbits in your app store.
2. Choose a session to join. A good place to start is one of the daily GenFit sessions run by our online rowing coordinator Pam. These are very popular and any pace is good.

Links for more information

Questions? Comments? Contact us at assist@digitalrowing.com.