



Mini-Guide

Using RowPro
for off-season fitness



Rowing for off-season fitness

This of course is the perfect use of a Concept2 Indoor Rower, because that's the reason it was invented in the first place – to help on-water rowers maintain their form over winter while the rivers and lakes were frozen.

Indoor rowing could be the one thing - or one of many things - you're doing to stay fit through the off-season.

Whatever mix you want, RowPro has solutions you can use - segment plans that can be part of wider gym regimes, full plans to carry you right through, online rowing if you want company or competition, pace boats and past rows if you want benchmarks, and set pieces if you just want to do the meters.

This gives you all the flexibility you want, plus some structure where that's useful, plus the motivation to keep at it right through the off-season, so you emerge fit and ready to get back into your main sport after the break.

Check out this mini-guide to stay on track through the break.

Rising to the challenges

The table below outlines the key goals and challenges:

Rowing goals	Challenges
<ul style="list-style-type: none">• To successfully stay fit over winter.• To stay motivated and be ready when the new season kicks in.	<ol style="list-style-type: none">1. Uncertainty about what rowing to do2. Need to track progress to know it's really working3. Uncertainty about how to row properly

Tips for using RowPro for off-season fitness

Here's how RowPro helps you overcome each of the 3 challenges listed above:

1. Uncertainty about what rowing to do

Top issues	Solution	Approach	Steps
The two main issues are that a) it's far from clear what rowing you need to do to maintain fitness through the off-season, and b) rowing the same workout all the time is self-limiting.	Row to a plan. RowPro plans cycle your body through the correct mix of strength, speed and endurance workouts so you get the right results.	If rowing is your main or only off-season activity, choose a full fitness plan, otherwise choose a segment plan. Do set pieces if you just want the meters, use pace boats or past rows if you want benchmarks, and row online to get company or competition.	For training plans, go to Control Center Training Plans, click the Use Wizard to Create Training Plan button, and follow the steps there. For the other rows, just set them up directly from RowPro.

2. Need to track progress to know it's really working

Top issues	Solution	Approach	Steps
If you're already fit, you will already have ways to track distance, heart rate and other metrics. The key issue is how to do keep doing that with indoor rowing.	RowPro tracks every stroke. It connects to your Concept2 PM5, saves every stroke in your logbook, and has reports and analysis to track your progress.	Use RowPro to set up all your rows and record all your strokes . Then track to confirm your pace to heart-rate ratio is improving.	The Tracking Progress mini-guide has the steps. Download it from www.digitalrowing.com/documents

3. Uncertainty about how to row properly

Top issues	Solution	Approach	Steps
The two main issues are that a) correct stroke technique is not intuitive and b) technique errors can lead to injury.	The RowPro Coaching Clinic shows you stroke technique in 3D. Use it to learn the key parts of the stroke from Olympic Coach Brian Hawthorne.	Put RowPro on one side of you and a mirror on the other side. Read the coaching tips, then as you row, compare and adjust your technique.	Click Coaching Clinic in the RowPro main menu. Click the > button at top left of the Charts. Click and drag to swivel the rower.

Links For More Information

Full guides for rowing, training and online rowing are at www.digitalrowing.com/documents.

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