



Cross-training

Using RowPro to stay fit between seasons



Rowing for off-season fitness

This is of course 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.

The typical background is that you need to maintain your fitness levels and stay in reasonable shape over winter. Rowing is a smart choice because it's low-impact full-body exercise you can do indoors at home.

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Rowing plans

People know rowing without a plan is basically guesswork, and repeatedly rowing the same workout invites boredom. But finding the right mix of workout duration, intensity, frequency and format isn't easy, and finding a rowing plan that's right for you can be a real mission.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results while not stressing your joints.

Tracking your progress

If you're already reasonably fit, you'll no doubt have established habits for monitoring distance, heart rate and other metrics. Your Concept2 Performance Monitor records the basics, but from there you're on your own, usually with no coach or trainer to help.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your progress.

Stroke technique

Stroke technique is far more important than most people realize, and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results. When you're rowing for off-season fitness, it's important not to accidentally injure your lower back or elbow in the off-season.

RowPro has a 3D Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can watch your on-screen 3D avatar's stroke technique while you row, and compare and adjust your own stroke technique using a mirror.

Motivation

It's likely you already know how to stick with an exercise regime, but now you need to make a successful transition to rowing. Don't fall into the mind-trap that rowing is boring when there's so much you can do to make it stimulating.

RowPro has a powerful suite of motivation boosters that make indoor rowing as interesting as your on-season activity - and maybe better. Whether it's 'racing' your past self, the friendly companionship of online rowing, the structure of rowing plans, or the mental lift you get from the sparkling 3D on-water scene, RowPro provides the motivation you need to get on with it.

Action plan

Step 1 - create a rowing plan

RowPro has plans for weight, fitness and competition. RowPro guides you to the right plan and tailors it for you. In RowPro click Training | Training Plans and follow the steps there.

Step 2 - use the Coaching Clinic

In RowPro click Training | Coaching Clinic. Click the > button at top left of the Charts frame so the rower starts moving in slow motion. Click and drag in the 3D Display to swivel the rower.

Click the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke. Study the rower's action from different angles as you read the coaching tips.

Later when you row your workouts, put a mirror on one side and your RowPro computer on the other side of your rowing machine. Then compare and adjust your technique while you row.

Step 3 - find your motivators

RowPro has a full suite of motivation boosters that reflect the wide range of things people find motivational. This enables you to select the motivators that fit you exactly, to really help you stick with your rowing.

There's a *Strategies for staying motivated long-term* section in the [Rowing with RowPro](#) guide. Look through that and try the methods listed there to find the ones that work best for you. Make a point of trying them all – you never know!

Step 4 - track your progress

RowPro has the tools you need to track your progress, from just logging rows to sophisticated stroke-by-stroke tracking of variables like pace and heart rate.

There's also a separate [Tracking your progress](#) mini-guide. Look through that and use the methods there to track your progress.

Links for more information

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