



*Secrets of*

# Successful Indoor Rowing

How to keep rowing long-term for  
lifelong healthy fitness

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# 1. The five proven success factors

Our research shows that for the great majority of people, the main purpose for rowing indoors is to achieve or maintain lifelong healthy fitness.

There has been a great deal of academic and industry research and practical advice over recent decades to understand:

- What factors influence how successful people are at keeping up exercise programs like indoor rowing, and
- Practical steps people can take to keep up their exercise programs over the long term.

Given that the prime goal of most indoor rowing is achieve or maintain lifelong healthy fitness, we define *successful indoor rowing* as achieving the results you want and keeping up your rowing over the long term.

The good news is that your rowing success is based on a number of well-researched factors, all of which you can control. And it's not hard - you just need to make the right moves.

This paper has five main sections, each addressing one of the five primary success factors that the research shows are the keys to successful indoor rowing:

1. **Internal motivation** - This is the most important contributor to long-term success. In this section we explore the factors that are known to motivate people's indoor rowing most effectively, and how you can boost your internal motivation to get the results you want.
2. **External motivation** - This is provided by the structure and feedback that underpins your rowing. In this section we explore how to line up external motivators like training plans, setting realistic goals, tracking your progress properly, giving yourself rewards, and making social contact with others in the same boat - excuse the pun!
3. **Workout parameters** – These determine how well the rowing itself goes. In this section we explore how to row at appropriate intensities and durations, how to add variety to your workouts (very important), and how to row in ways that avoid injury.
4. **Rowing environment** – In this section we outline how to optimize your rowing environment, manage your competing time pressures, and find enjoyable ways to pass the time while rowing.
5. **Restarting** - There may be times when your rowing goes off-track - we all know this happens. In this section we explore how to make and use a so-called Restart Strategy - the proven best way to get your rowing restarted and back on track.

Once you understand how, it's easy to get all these success factors working in your favor.

And the more of these factors you line up in your favor, the more successful you'll be.

## USING ROWPRO TO GET THE RESULTS YOU WANT

Digital Rowing's RowPro software is packed with all the tools you need to be still rowing years and decades from now. For those who are interested, at the end of this paper there's a separate section that outlines how RowPro supports successful indoor rowing over the long term.

With RowPro, instead of you having to get on the right side of all the success factors one by one, you can rely on RowPro to get you on the right side of all of them in one go, leaving you to focus your energy where it belongs - on the rowing itself.

With RowPro, you do the rowing and RowPro does the rest.

## 2. Boost your internal motivation

The first indoor rowing success factor is your internal motivation – i.e. the motivation that comes from within you.

The research clearly shows that your internal motivation is the most important, enduring and effective contributor to keeping up your rowing over the long term. Bottom line - it's essential.

There's a great deal you can do to boost your internal motivation – here's how:

### SELF-MOTIVATION

The prime reason most people are rowing indoors is to achieve and maintain life-long healthy fitness. You've already made a great start by getting yourself a Concept2 Indoor Rower and starting rowing. It makes sense that as long as the rowing is interesting and enjoyable, you're fitting it into your schedule OK, and you're getting the results you want, you'll stay motivated.

There are many specific things you can do to ensure you stay motivated, and most of them are outlined in the sections below. Once you realize how essential it is to stay motivated, you can always be mindful of finding and using effective ways to keep yourself motivated.

From our customer feedback at Digital Rowing we know that the overwhelming majority of our customers cite motivation as their number one consideration.

### POSITIVE OUTCOME EXPECTATION

This is a fancy way of saying you're confident that you're going to get the results you want from your rowing. The research shows that just by having a positive outcome expectation, you greatly improve your chances of actually achieving that outcome.

It's natural that at first there will be some aspects of your rowing that you're not so sure about, and it can take some time to work it all out. It's important to push through that early uncertainty.

You can help yourself by learning about the main aspects of your rowing, for example by learning and practicing good stroke technique, tracking your performance and improvement so you can see it's really working, and following a structured training plan.

Plus of course you know that to get the results you want, you do need to put in the workouts, so to make sure you maintain a positive outcome expectation, keep up your workouts!

### PERFORMANCE MASTERY

When you've been shown the right way to row, and you can see for yourself that you're rowing correctly and your rowing is working well, you feel you've mastered it and can do it. The

research shows this self-awareness of performance mastery is a key ingredient in your internal motivation.

You can help yourself by making sure you take the time to learn proper rowing technique. There are several ways to learn good technique, for example technique videos, personal coaching, or the RowPro 3D Coaching Clinic.

Take care not to fall into the over-confidence trap – our research shows that many ‘newbie’ indoor rowers are over-confident that they know how to row properly.

There’s simply no substitute for rowing properly. Even if you only row 3 x 20 minutes per week, that’s a million strokes each decade. A million of the wrong strokes is not good for you! But a million of the right strokes is very good for you, and directly boosts your performance mastery.

## ENJOYMENT

The research shows that when rowing makes you feel good, you enjoy doing it and are far more likely to keep doing it long-term. So enjoying your rowing is a key success ingredient.

You can help yourself by pacing yourself. Go out too hard and it’s going to hurt. Go out too easy and you’ll soon feel you’re getting nowhere.

Think of it like taking a shower or bath - you enjoy it most when the temperature’s just right, the environment’s just right, and you have the time to enjoy it.

So if you find you’re not enjoying your rowing for any reason, make sure you identify the reason and sort it out.

## POSITIVE FEEDBACK

The research clearly shows that the more often you get positive feedback, and the more immediate that feedback is, the more likely you are to keep up your rowing.

You can help yourself by tracking your progress and giving yourself positive feedback about your rowing. The feedback can be in the form of results, comparisons with previous rows, or beating a pace boat or one of your past rows.

Giving yourself encouragement or just getting a pat on the back from your rowing buddies can also be a good source of positive feedback.

## GETTING RESULTS

Rowing is physical work that takes precious time. Regardless of anything else, you’re rowing for a reason, and the bottom line is that you need to be getting the results you want.

You can help yourself by making sure the rowing you’re doing is in fact compatible with the results you want.

If you're not sure what rowing you need to do to get the results you want, then a training plan can be the perfect answer, particularly if it's prepared by an expert and tailored to you.

So if you're not getting the results you want, or you're not sure how to get the results you want, get a good training plan and follow it.

## SUMMARY

Internal motivation is the most important, enduring and effective contributor to successful long-term indoor rowing.

The keys to internal motivation are:

- Self-motivation
- Positive outcome expectation
- Performance mastery
- Enjoyment
- Positive feedback
- Getting results

## 3. Line up your external motivators

You've seen that internal motivation is the strongest driver of long-term rowing success, but it's not enough by itself to ensure you'll get the results you want over the long term.

The research shows that external motivators also play a very important role. External motivators come from outside you, but importantly, you can control them. Here's how:

### USE A TRAINING PLAN

Just having a training plan makes it more likely you'll continue rowing long-term. The 'commitment' of having a scheduled training plan session to row on a particular day is the catalyst that gets you on the machine. It provides the critical mind-shift from 'will I row today' to 'what am I due to row today'.

Of course it's your choice whether you row to a plan or not, but the research is clear – training plans are one of the keys to success. So in the early stages, while you're not sure what rowing you need to do, take the opportunity to row to a plan. In other words, start as you mean to go on.

From our research at Digital Rowing, we know that the one big factor that gets in the way of using a training plan is finding a plan that's right for you.

**Note:** There are ways to simply and affordably get training plans that are created by an expert and tailored to you, for example our RowPro software has a training system for exactly that purpose.

### SET CLEAR AND REALISTIC BEHAVIOR GOALS

The research shows that setting clear and realistic behavior goals is one of the keys to success. By way of example, a good behavior goal is 'I will row 3 times a week for 20 minutes each row'.

It's clear because it states how often and how long you'll row. It's realistic provided you really can and will do that amount of rowing. And it's a behavior goal because it's a goal for the rowing you'll do now, not for the results you'll get at some point down the track.

Behavior goals are very important because it's very clear right away if you're not sticking to them, and that gives you an opportunity to do some timely course correction, and that's the key.

A good approach is to schedule your rows in your diary well in advance so the time is blocked out and reserved for your rowing, and you get a reminder about each row as it comes due.

Also, set up a repeating pattern of rows each week, so you know by heart the time slots when you'll be rowing, and in effect those times become 'reserved' for your rowing.



**Note:** It's OK to update your behavior goals anytime, for example you can start with small goals and ramp them up a little once you're confident you can do more.

## SET CLEAR AND REALISTIC OUTCOME GOALS

The research also shows that setting clear and realistic outcome goals is one of the keys to success. By way of example, a good outcome goal is 'I will lose 5 lbs by Christmas'.

It's specific because it states what by when. It's realistic provided the rowing you plan to do will really be sufficient to lose 5 lbs by Christmas. And it's an outcome goal because it's not about the rowing, it's about the results.

Outcome goals are very important because they give you a clear and definite target to work towards, and that is an important contributor to you getting the results you want.

Depending what outcome goals you set, you may need to record some metrics yourself. For example if your goal was about weight loss, you'll need to weigh yourself before, after and along the way.

## TRACK YOUR PROGRESS

One of the most important external motivators is knowing you're making progress. For most people, it's a must. You need a way of tracking what you're doing, and comparing your current and previous performances.

**Note:** Just logging your total meters, time and pace is not usually enough to enable you to track your progress. It's good for milestone-oriented goals like million meter clubs and challenges, but not for knowing if you're maintaining or improving your fitness, or on track in your race preparation.

It's also worth noting that some people use pace boats and past rows as a measure of progress, as in 'I can beat my past row from a month ago'. These are good measures if your prime goal is to get faster, but for most people the prime goal is to get fitter and then maintain a healthy fitness.

Proper tracking takes effort and requires interpretation, hence what you really need is an automated system for recording, reporting and analyzing your rowing. The more accurate, automated and easy to understand your tracking system is, the better it will support your long-term rowing success.

From our research at Digital Rowing, we know that the one big factor that gets in the way of tracking progress is the effort involved in recording the detailed information in the first place. The Concept2 LogCards for example don't record strokes, and most online and offline logbooks only record total time, meters and pace. RowPro records every stroke automatically.

Good analysis tools are also important, because they enable you to compare rows with previous similar rows so you can see at-a-glance the progress you've made in terms of pace and heart rate, to help you confirm you're really making progress. RowPro provides suitable analysis tools.

## CHALLENGES / COMPETITIONS

Let's face it - most of us have a competitive streak. Anytime you find yourself bow-to-bow with another rower, even if you're just training together, you know you want to get your bow in front! Or you might prefer one of the Concept2 distance competitions where you aim to row 100k or 200k over a set period.

During challenges and competitions you can use the social groups mentioned below to share your experiences with others in the challenge or competition.

Challenges and competitions can be very motivational and can strongly support your long-term rowing, provided you make sure to complete the challenges so you get the emotional 'mission accomplished' feeling that keeps you coming back for more.

## REWARDS

Most people are motivated by rewards. Whether it's a million-meter t-shirt or getting a certificate of participation or achievement, people do rise to the occasion and work to earn their rewards. Achieving a personal best or a season best is also a fantastic reward. And rewards help keep you rowing.

All you need to do is participate in the activities that provide rewards. There are plenty of them. The key thing is to make sure the rewards are not your prime motivation – the research clearly shows that your prime motivation needs to come from within you.

## SOCIAL GROUPS

Depending on your personal preference, interacting with others can greatly increase your long-term rowing success.

This can range from joining a Facebook rowing group, to rowing and chatting online with others in real time. Online rowing is more powerful for long-term success, because when you know you've arranged to row with others live online, you're more likely to keep your appointments.

Also, with online rowing the group is actually rowing together rather than just sharing thoughts and ideas, which means there's strong camaraderie from shared activities.

The main thing with online rowing is not to hold back from participating simply because you don't think you're fast enough. There are some fast people online, but there are also plenty of regular folks from kids to parents to grandparents who row at all sorts of paces.

In any online row there can be up to 16 people. Start by joining the ones with a lot of people like the daily GenFit sessions, and you'll see right away there will be people going at your pace.

So don't be shy, give it a go! And get into the Facebook rowing groups – that's a lot of fun as well, and there are several groups available, for example Concept2.Rowing or RowPro.

## SUMMARY

External motivators play a very important role in your long-term rowing success. These come from outside you, but you can control them.

The keys to external motivation are:

- Use a training plan
- Set clear and realistic behavior goals and outcome goals
- Track your progress
- Challenges / competitions
- Rewards
- Social groups

## 4. Do smart workouts

There are workouts, and there are smart workouts. Smart workouts are workouts that a) do the right job for you physically and mentally, b) present you with just the right level of challenge, neither too much nor too little, c) keep you interested and d) lead you towards performance mastery.

It's intuitively obvious that if your rowing is going well and you're getting the results you want, then it's much more likely you'll continue rowing over the long term. That's why the research clearly shows that making your workouts right for you is critical to keeping rowing long-term.

And that's where smart workouts come in. It's quite easy to do smart workouts – here's how:

### INJURY AVOIDANCE

Injuries that make rowing difficult or painful are a strong disincentive to row and are known to break long-term rowing habits. Behaviors that heighten the risk of injury are therefore to be avoided at all cost. The key ones are failing to do a warm-up and warm-down, not using good stroke technique, and working too hard or too long.

These behaviors are of course simple to correct – you can easily do warm-ups and warm-downs, learn how to row properly, and pace yourself.

Take care not to fall into the over-confidence trap – our research at Digital Rowing shows that many 'newbie' indoor rowers are over-confident that they know how to row properly. Don't be that person!

So it's simple really, and it's in your hands – to avoid injuries, do your warm-ups, learn proper stroke technique, and pace yourself. These are three important steps to long-term rowing success.

### APPROPRIATE INTENSITIES

If you row at appropriate intensities, at the end you feel good, and over time your rowing is likely to be effective. But if you row at either too high or too low intensities, the opposite is true.

There are two main intensity factors. The first is the C2 damper setting. There's a popular gym cult that "you're not a real man unless you row with the damper on 10", but of course this is rubbish!

The damper is like the gears on a 10-speed bike. Who in their right mind would say (or believe if told) "you're not a real man unless you ride your bike in 10th gear"? There's no right setting, just a best-for-you setting. Most women and lightweight men row with the damper set between 3 and 5, and most heavyweight men row between 3 and 7. So don't be the 'damper on 10' guy!

Also, you want to feel you're getting a 'decent workout' but this can lead to constantly pushing the intensity to the limit of what you can stand. In the early stages while you're not yet experienced in how hard is too hard, it's a good idea to row to a plan that's tailored to you and won't overwork you. Remember, if you're rowing long-term, you need to last!

## APPROPRIATE DURATIONS

You need to row for 20 minutes or more to make the workout physically useful, and going longer increases the benefits. When longer durations (40 min plus) are well matched with lower intensities, the research shows your composure, energy, elation and mental clarity improve.

But in the longer workouts, if the intensity is just a little too high, you may struggle to finish, or get so tired you're risking injury.

For seasoned rowers, a daily half-marathon can work (don't laugh, some people do that!), but you really need to know your capability before you go that far. So in the early stages especially, it's a good idea to row to a plan that's tailored to you and won't give you workouts that are too long. Again, if you're rowing long-term, you need to last!

## VARIETY

Variety is the spice of life and it certainly spices up your rowing.

At a purely physical level, if you repeatedly do more-or-less the same workout, you'll find you quickly plateau and stop getting any further gains. And over the long term, you're also very likely to get bored with the sheer repetition. Variety is a lot more important than you might think.

Our research at Digital Rowing shows that quite a lot of people quickly settle into rowing more or less the same set piece over and over again, while others thrive on a variety of plans, online rowing and some set pieces. Our advice – mix it up.

Make a firm resolution right from the start to avoid always rowing the same set piece. Embrace the variety. Try rowing online and rowing to a plan and see what works best for you. Mix it up!

## SUMMARY

Smart workouts do the right job for you physically and mentally, present you with just the right level of challenge, keep you interested, and lead you towards performance mastery.

The keys to smart workouts are:

- Injury avoidance
- Appropriate intensities
- Appropriate durations
- Variety

## 5. Set up your rowing environment properly

Your rowing environment might not be the first thing you'd think of when considering your long-term rowing success, but it turns out to be quite important.

You might hardly notice issues in your rowing environment at first, but over time any problems in this area have a way of eating away at your enjoyment, which is a key internal motivation factor.

Setting up your rowing environment properly is quite straightforward – here's how:

### GOOD FACILITIES

The most important environmental factor is feeling comfortable with your surroundings. If the room is too hot or cold, too busy, noisy or cluttered, this is likely to make your rowing uncomfortable.

So fix any environmental issues sooner rather than later – they have a direct and significant effect on your enjoyment of your rowing, a key internal motivation factor.

### CONVENIENCE

Another perhaps surprising factor is how easily convenience, or rather the lack of it, interferes with your long-term rowing success.

The research shows that you're more likely to keep rowing when it's convenient. It can be as simple as whether you can row at home or have to go to the gym, or whether you can fit your rows into a regular break you have.

If convenience is an issue for you, see if you can find ways to fix that. Just knowing you're more likely to give up when it's inconvenient should drive you to nail the issues so they don't nail you.

### ROUTINE/TIMESLOT

There are many competing time pressures, and at times these can overrun the rowing time.

The research clearly shows that the single biggest factor that gets in the way of your rowing is finding the time to row, and that's been strongly confirmed by our research at Digital Rowing.

It pays to give a lot of attention to this factor. Your strategies for booking and keeping your rowing timeslots, and the priority you give to your rowing vs. all life's other pressures on your time, those are what will ultimately determine if you'll still be rowing years from now.

As a first step it's important to have a set timeslot each day for rowing, so it becomes routine. It's also important to ensure your rowing time is not rushed or jammed between other activities.

Also, it pays to let others who are close to you know your training timeslot, and ask for their ongoing support and encouragement to keep your rowing time clear.

And last but most important, it's essential to have a so-called 'restart strategy' to get started again after a period of not rowing – there's more about that in the next section.

## IMAGERY

OK, let's just say it – rowing can be boring and repetitive! So it's not surprising that the research shows that using imagery while you row help you keep rowing long-term.

Our research at Digital Rowing shows indoor rowing is much more enjoyable if you can visualize yourself rowing on the water. You can put up large on-water rowing posters in front of your rowing machine, or even better, you can use 3D on-water visualizations like the RowPro in-row display.

Whether you use imagery while you row is up to you. But now you know it's one of the rowing success factors, why not line it up in your favor instead of just staring at the monitor or wall?

## INTERESTING DIVERSIONS

Similar to visualizations, the research also shows that diversions can make rowing more enjoyable by making time seem to pass more quickly, provided the diversions are interesting to you.

Any diversion is valid as long as it interests you, whether that be music, movies, tv, rowing with your eyes closed (try it sometime, it's a good exercise to see if you can row at a specific stroke rate or pace for a while, then open your eyes to see how close you are), basically whatever works for you.

## SUMMARY

Your rowing environment has quite a big impact on your long-term rowing success, and directly affects your enjoyment of your rowing, which is a key internal motivation factor.

The keys to a good rowing environment are:

- Good facilities
- Convenience
- Routine / timeslot
- Imagery
- Interesting diversions

## 6. Have your restart strategy ready

Over the long term, most people have periods when they stop rowing. Although the term might not seem to fit exactly, these stoppages are referred to as ‘relapses’.

It needs to be understood and accepted that relapses are normal. Relapses and subsequent restarts should be embraced as part of any long-term exercise regimen, and restarting after relapses is therefore a core ingredient in your long-term rowing success.

**Note:** A missed row is not a relapse - it’s just a missed row. It’s only a relapse when you either have a longer period of enforced non-rowing, such as during exams or recovering from injury, or you belatedly realize that for whatever reason you haven’t rowed at all for days or weeks.

Restarting is the most critical factor of all, because ultimately the long-term success of your indoor rowing relies on you successfully restarting after relapses.

With relapses there are only two things that matter – understanding why you stopped, and getting started again. And the proven most successful way to tackle both of those is a restart strategy.

### RESTART STRATEGY

Having a restart strategy means you’ve worked out in advance what to do if you notice you’ve stopped rowing. It’s a good idea to write that down, so you can just fish it out when you need it.

As soon as you realize you’ve stopped rowing, instead of saying “Rats, I’ve stopped rowing”, you say “Aha, I’ve stopped rowing, so now I need to do my restart strategy”, and then you do it.

The idea of the restart strategy is that all you need to do is ‘obediently’ follow the restart steps that you yourself have previously set out for this situation. It’s important that the steps are simple and straightforward enough that you’ll follow them that same day.

So what does a good restart strategy look like? By far the most critical step is to get you back on the rowing machine again, even if it’s just for 10 minutes.

It’s also important to eliminate any form of performance pressure, and the easiest way to do that is to mandate a maximum heart rate and/or pace. So for example your restart strategy might be:

- Commit to following the restart strategy and restarting rowing today.
- Check the rowing environment is in good shape and fix any issues.
- Row today for 15 minutes at a pace no faster than 2:15 /500m and a heart rate no higher than 120 bpm. Include a 2 minute warm-up and warm-down.
- Create a plan for the next 12 weeks that starts tomorrow, and start rowing it tomorrow.
- Decide on a suitable reward for restarting, and commit to giving yourself that reward.



**Note:** Joining an online row is a perfect way to restart after a relapse. Firstly, you get the extra personal commitment of having reserved your lane to row with others at a specific time. Second, the online community will welcome you back with open arms, and will help you make the transition back to rowing regularly. If you've rowed online before, the positive effect will be even stronger.

Finally there are two special periods when the risk of relapse is higher than usual - when one plan ends and you need to start another, and when you've stopped for an off-season break and need to restart.

A good strategy to handle both of those is to put a 'plan of plans' for the whole year into your calendar, including how long a gap you'll have between plans and when you'll restart after an off-season. For example a four-season plan of plans could include four 12-week plans, one each for Spring, Summer, Autumn and Winter, with a 1 week gap between plans, total 52 weeks.

## SUMMARY

Relapses and subsequent restarts should be embraced as part of any long-term exercise regimen. Using a pre-written strategy for restarting after relapses is a core ingredient in your long-term rowing success.

The keys to a good restart strategy are:

- Prepare one in advance and write it down
- Ensure it gets you back on the rowing machine that day
- Eliminate any form of performance pressure
- Have a 'plan of plans' for the whole year
- Online rowing is a powerful restart strategy

# 7. Using RowPro to get the results you want

Some of the tools RowPro provides have been mentioned throughout this paper.

This next section is included as an appendix for people who are interested in understanding more fully all the tools RowPro provides to support successful indoor rowing over the long term.

## INTERNAL MOTIVATION TOOLS

### Self-motivation

The single biggest factor people cite for using RowPro is ‘motivation’. RowPro is like a magnet that counteracts other pressures on your time by strongly drawing you to rowing via a powerful suite of motivation boosters.

Whether it’s rowing vs. your past self, the companionship of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just the motivation you need to stick with your rowing.

### Positive outcome expectation

With RowPro, you know you have all the tools you need to still be rowing years and decades from now. That in itself inspires confidence that you’ll achieve the outcomes you want.

### Performance mastery

RowPro includes a 3D Coaching Clinic where you get expert technique guidance from an Olympic rowing coach, and you see excellent stroke technique in slow-motion 3D.

And while you’re rowing, your on-screen avatar rows excellent strokes that you can mimic while you watch your own technique in a nearby mirror.

That means you can continue to work on your technique over months and years. That’s very good for you, because stroke technique does take time to master.

### Enjoyment

Almost every aspect of RowPro helps you enjoy your rowing, from the sparkling on-water rowing scene to the spirit and companionship of the wonderful online rowing community. And you’d be surprised how satisfying it is just to see your times improve and just to pass your first million meters.

## Positive feedback

RowPro gives you a great deal of extra feedback, both during your row and afterwards. You can compare your results to previous results to confirm you're making good progress, row against your own past rows and beat them, row online live with others and chat about how you went, watch your total meters grow over time, and much more.

## Getting results

If you do the right rowing, you'll get the right results. RowPro provides the two key ingredients: training plans created by an expert and tailored to you, and technique coaching by an Olympic rowing coach. Follow their lead properly and you'll get results. Simple but effective.

## EXTERNAL MOTIVATION TOOLS

### Use a plan

RowPro includes a training plan wizard that gives you a lifetime supply of plans created by expert trainer Jon Ackland, tuned by Olympic rowing coach Brian Hawthorne, and tailored by RowPro to match your capability, physiology and rowing goals. That means you can just follow the plans with complete confidence that you're on the right track to get the results you want.

### Set clear and realistic behavior goals

RowPro helps motivate you to actually do the rowing that will achieve your behavior goals, week after week, month after month, year after year.

### Set clear and realistic outcome goals

RowPro has training plans that are optimized for weight control, fitness or competition. When you choose plans that fit your outcome goals and have RowPro tailor the plans to your physiology and track record, you're making it much more likely that you will in fact achieve your outcome goals.

### Track your progress

RowPro has a built-in rowing log that automatically records every stroke of every row you do. That makes it easy for you to track how well you're meeting your behavior goals, whether your goals are in meters, hours, pace, calories, or any of the other metrics RowPro records for you.

You can also add notes to your rows where you can record for example what your weight was at the time.

## Challenges / competitions

You can link your RowPro rowing log to your Concept2 online logbook and have RowPro upload your results directly. This makes it very easy to participate in Concept2 challenges and million meter clubs. Also you can row with others online while you participate in Concept2 challenges, or you can race online in the monthly Race Night Series or the annual BORC – the British Online Rowing Championships.

## Rewards

RowPro uploads your results directly to your Concept2 online logbook. This makes it easy for you to participate in the regular Concept2 challenges and to win rewards for participation.

## Social groups

RowPro's unique online rowing system brings you a whole new community who are your fellow indoor rowers worldwide. Before you know it you've made new friends, and you're rowing on the RowPro 'crystal river' with them on a daily basis.

You only need to try it once to realize just how powerful that is in keeping you rowing. People just love it, and so will you.

Also remember to join the RowPro Facebook group at [www.Facebook.com/RowPro](http://www.Facebook.com/RowPro).

## SMART WORKOUT TOOLS

### Injury avoidance

By default RowPro sets up a warm-up and warm-down with every row, and optionally adds their meters into your rowing log. RowPro also provides a top-class 3D coaching clinic where you can study proper technique, and an avatar who rows with you all the time showing you great technique with every stroke.

### Appropriate intensities

RowPro provides a wide variety of training plans that it tailors to fit your physiology, rowing history, and training purpose. Following one of these plans is a great way to ensure you don't overdo it, particularly in the early stages when you're less sure what you're doing.

### Appropriate durations

Again RowPro training plans come to the rescue. Because these plans are tailored to fit your physiology, rowing history, and training purpose, following one of these plans is a great way to keep both the durations and the intensities appropriate, particularly in the early stages.

## Variety

If you row online, you're very likely to have variety in your workouts simply because that's what the folks online tend to do. If you're rowing to a RowPro training plan, there's a great deal of variety purposely built into the sequence of workouts, with the added benefit that the range of workouts also walks you through an effective sequence of strength, endurance and speed training.

Either way, you can just chime in and the variety will happen more or less automatically. And you'll quickly discover how much more motivating it is to have that variety.

## ENVIRONMENT TOOLS

### Good facilities

RowPro can't substitute for a good rowing environment, but what it can do is spirit you away onto the water mentally. See the Imagery section below for more details.

### Convenience

RowPro can't make your environment more convenient, but you can take your RowPro PC with you anywhere - you don't have to always be at one place.

### Routine/timeslot

The more planned and routine your rowing is, the more you're able to fit it into your busy schedule and keep those timeslots free for rowing. Whether you row a training plan or online, RowPro helps you make commitments for your time in advance, which makes it easier to fit in.

### Imagery

The RowPro 3D on-water rowing scene is specifically designed to take you mentally out on the water and away from your physical surroundings. This body-on-the-erg, mind-on-the-water effect is even more pronounced when you row online with other people on what they call the crystal river. Sometimes you can almost hear the oars splash!

### Interesting diversions

The RowPro in-row display provides a number of interesting diversions that directly relate to your rowing, including real-time charts of your pace and heart rate, a 3D avatar that synchronizes to your strokes and shows you correct stroke technique while you row, a 3D course that shows your progress and position vs. other boats, the opportunity to row with others live online and have their boats in the other lanes, and the ability to row with pace boats or your own past rows. These all help pass the time and make your rowing much more interesting and motivating.

## RESTART STRATEGY TOOLS

### Restart strategy

Joining an online row is a perfect way to restart after a relapse. Firstly, you get the extra personal commitment of having reserved your lane to row with others at a specific time. Second, the online community will welcome you back with open arms, and will help you make the transition back to rowing regularly. If you've rowed online before, the positive effect will be even stronger.

Remember everyone else out there is in the same boat (pardon the pun). More or less everyone who's been rowing awhile has already been through relapses and restarts of their own. You are not alone!