



# Tracking Progress Mini Guide

## Version 4.0



## WHY TRACK YOUR PROGRESS?

### **Confirm you're on track to get the results you want**

Knowing you're on track to achieve the long-term results you want from your rowing is one of the most important keys to success. For most people, it's a must. All you need is a practical, easy way of recording your results and comparing your current and previous performances.

### **Confirm you're achieving real performance gains**

When performance is your goal, your heart rate is a key metric you simply have to track, because it reveals how your body is responding to the workload. As your performance improves, your speed, strength and endurance go up, and your effort and heart rate go down.

## USING ROWPRO TO TRACK YOUR PROGRESS

### **The tracking challenge**

Logging your total meters, time and pace is not usually enough 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.

Proper tracking involves recording a lot of detail like strokes and heart rate that are not recorded on Concept2 LogCards. RowPro tracks all these items and more, by collecting the base data automatically while you row, and making it available to you in charts and tables.

### **What to track**

Tracking and analyzing enables you to know, not guess, how your fitness and performance are progressing over time. The key items to track are:

- **Lifetime meters** – To know how much rowing you've done and to enter seasonal challenges and million meter clubs.
- **Heart rate** – Your heart rate is the core indicator of your fitness level and performance, so wearing a heart rate monitor while you row is very important.
- **Weekly meters** – To know you're not rowing too little or too much.
- **Target accuracy** – To know you're rowing in the right heart rate and stroke rate zones so you get the intended physical training effect from each row.
- **Pace** – If you're competing, to know your performance now and confirm you're making the right progress towards your race pace.
- **Calories burned** – If you're focused on weight management, to know how much energy you're consuming by rowing.

## Automatic logging

RowPro connects direct to your Concept2 Performance Monitor and automatically records every stroke into your personal rowing log. This base of rowing data is effortless to create, and forms the core of tracking, statistics and analysis, plus validation for Concept2 challenges and clubs.

Each row you do becomes a single line in your RowPro rowing log so you can easily see and find any row. With a single click you can delve into the details of each rowing session.

You can also upload results directly from your RowPro rowing log to your Concept2 Online Logbook for immediate entry into Concept2 challenges and rankings.

## Statistics and analysis

RowPro provides charts and tables to track your performance and progress. These include:

- **Session reports** that show the details of each session by split, interval and stroke.
- **Analysis reports** that show how two sessions compare so you can check progress.
- **Statistical reports** that summarize your rowing weekly, monthly and annually.

## STEP-BY-STEP GUIDE

### Logging your rows

1. Add yourself as a RowPro user by clicking the Users button in RowPro Control Center.
2. Connect your RowPro computer to your Concept2 Performance Monitor via USB cable.
3. Go into Session Setup, set up your row, and row it. RowPro logs your strokes automatically.

### Viewing your results

1. Go to Control Center | Rowing Log, where you'll see a list of all the rows you have done.
2. Double-click a row, or right-click and click Session report.
3. Click to view Table data, Split chart or Stroke chart. You can print or export these reports.

### Tracking your progress

1. Your total cumulative meters are always visible towards the right side of your RowPro log.
2. To see your total time and meters for any collection of rows in your RowPro log, just select the rows you want and look at the summary stats just below the list of rows.
3. Use Ctrl-click to select two rows in your log with similar duration and format. To find similar rows, right-click a row and select one of the choices under Select Similar.
4. With two similar rows selected (highlighted) in your log, right-click and click Analyze.
5. Click to view Table data, Split chart or Stroke chart. You can print or export these reports.
6. To view your rowing statistics, click the Statistics button at the bottom of your RowPro log and select Rowing Log, Annual summary, Monthly summary or Session Comparison.

## LINKS FOR MORE INFORMATION

Questions? Comments? Contact us at [assist@digitalrowing.com](mailto:assist@digitalrowing.com).