



## Training for competition

To be competitive, you need to follow a training plan that's optimized for you. Finding such plans can be quite a challenge, so Digital Rowing has engaged training guru Jon Ackland of Performance Lab International to create a training system that ticks all the boxes.

RowPro has hundreds of templates for competitors from beginner to elite, plus an expert wizard to tailor each plan to your physiology, competitive goals, race distance and available time.

## Using RowPro to train for competition

### Rowing plans

People know training without a personalized plan is basically guesswork, but getting a plan that's tailored to your body, competitive level and training goals is tricky and usually expensive.

RowPro provides a lifetime supply of competitive plans that are tailored to your fitness level and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you so you reach your peak on race day.

### Tracking your progress

Even with a plan, it's not easy to verify week by week if you're on track. Your Concept2 Performance Monitor records the basics, but from there you're on your own, often with no coach or trainer to help. To perform at your peak, you'll need to track distance, heart rate and other metrics for every row, and ideally for every stroke.

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 training and show your progress.

### Stroke technique

Stroke technique is far more important than most people realize, and can make or break your training and racing. Obviously it's essential not to accidentally injure yourself and interrupt or even stop your training.

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 core concepts, 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

We all know it's not just training plans and tracking that get you to peak performance - you have to diligently follow your plan. A key question is who's going to win the motivational mind game each training day – you or the rowing machine?

RowPro has a powerful suite of motivation boosters when you're training to compete. Whether it's 'racing' your past self, the friendly 'soft competition' of online rowing, the structure of your competition plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro provides the motivation you need to keep your training on track.

## Action plan

### Step 1 - create a competition plan

RowPro has competition plans for beginner to elite. 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 training.

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](mailto:assist@digitalrowing.com).