

THE SYSTEM OF TRAINING INTENSITY CATEGORIES

for: ROWING CANADA NATIONAL TEAM

INTENSITY CATEGORY	APPROX. HEART RATE RANGE	DURATION ONE PIECE [min]	RATIO WORK : RECOVERY	GOALS OF THE TRAINING INTENSITY	PRACTICAL EXAMPLES (SR = Stroke Rate)	LACTATE LEVEL [mmol/l]
I	max. HR ie 180 - 200	0.5 - 1.5	1 : 4 - 1 : 5	- ANAEROBIC CAPACITY - TRANSPORTATION = DEVELOPMENT OF CARDIOPULMUNAR SYSTEM - ABILITY+FEELING OF START/SPURT - AGGRESSION	- 1 - 6 x 500 m (WITH START) - INTERVAL TRAINING (SHORT PIECES) SERIES OF 30 - 60 STROKES OR: SERIES OF 1 - 2 min SR: > RACE-SR	> 10
II	max. HR ie 180 - 200	2 - 7	1 : 2 - 1 : 3	- RACE ENDURANCE - TRANSPORTATION = DEVELOPMENT OF CARDIOPULMUNAR SYSTEM - RACE SPEED FEELING - RACE ATTITUDE/PLAN	- RACE OVER 1500 - 2000 m - 6 x 2 min - 3 x 1000 m - 5 x 750 m SR: RACE-SR	8-14
III	max. HR ie 180 - 200	6 - 10	2 : 1 - 1 : 2	- DEVELOPMENT OF AEROBIC CAPACITY - STRENGTH ENDURANCE - TACTICS - TECHNIQUE	- 4 x 7 min - 3 x 2,000 m CONSTANT SPEED - 5 x 5 min STRENGTH-ENDURANCE WATER SR: 2 - 4 LESS THAN RACE-SR	5 - 8
IV	165 - 175	10 - 45	4 : 1	ANAEROBIC THRESHOLD	- 2 x 20 min WITH SR-CHANGE - 3 x 5 km TIME-CONTROL - 10 km HEAD-RACE - 3 x 12 min STRENGTH ENDURANCE WATER SR: 3 - 6 LESS THAN RACE-SR	~ 4
V	150 - 165	30 - 90	-	- BASIC ENDURANCE - UTILIZATION OF AEROBIC CAPACITY - MAINTENANCE - TECHNIQUE	- 30 - 90 min STEADY STATE SR: 10 - 12 LESS THAN RACE-SR	~ 3
VI	135 - 150	> 45	-	- UTILIZATION OF AEROBIC CAPACITY - REGENERATION - MAINTENANCE - TECHNIQUE	- 45 - 120 min STEADY STATE AT LOW INTENSITY SR: 18-24 / min	< 2

(from: W. FRITSCH/V. NOLTE/A. MORROW/ A. ROAF)

THE SYSTEM OF TRAINING INTENSITY CATEGORIES

for: HIGH SCHOOL LEVEL ROWING

INTENSITY CATEGORY	APPROX. HEART RATE RANGE	DURATION ONE PIECE [min]	RATIO WORK : RECOVERY	GOALS OF THE TRAINING INTENSITY	PRACTICAL EXAMPLES (SR = Stroke Rate)
<i>II</i>	max. HR ie 180 - 200	1 - 7	1 : 2 - 1 : 3	<ul style="list-style-type: none"> - RACING - TRANSPORTATION = DEVELOPMENT OF CARDIOPULMONAR SYSTEM - ANAEROBIC CAPACITY - RACE ENDURANCE - RACE SPEED FEELING - RACE ATTITUDE/PLAN 	<ul style="list-style-type: none"> - 1 RACE OVER 1500 - 2000 m - 6 x 2 min ON 2 min OFF - 3 x 1000 m RACE PACE - 4 x 500 m WITH 2 min REST - 30/40/50/60/50/40/30 POWER STROKES ON SEPARATED BY 30 STROKES OFF <p style="text-align: center;">SR: RACE-SR AND HIGHER</p>
<i>IV</i>	165 - 175	10 - 45	4 : 1	<p style="text-align: center;">ANAEROBIC THRESHOLD</p> <ul style="list-style-type: none"> - DEVELOPMENT OF AEROBIC CAPACITY - EFFICIENCY - STRENGTH ENDURANCE 	<ul style="list-style-type: none"> - 20 min/15 min/10 min ON 4 min OFF - 2 x 20 min WITH SR-CHANGE - 3 x 5 km TIME-CONTROL - 10 km HEAD-RACE - 3 x 12 min STRENGTH ENDURANCE ON WATER <p style="text-align: center;">SR: 3 - 6 LESS THAN RACE-SR</p>
<i>V</i>	150 - 165	30 - 90	-	<ul style="list-style-type: none"> - BASIC ENDURANCE - UTILIZATION OF AEROBIC CAPACITY - MAINTENANCE - COORDINATION OF MOVEMENTS - TECHNIQUE 	<ul style="list-style-type: none"> - 30 - 90 min STEADY STATE (CONTINUOUS AND NO REST) SR: 10 - 12 LESS THAN RACE-SR - 4 x 10 MIN POWER STROKES WITH SR = 15 - 18 (REST: 1 - 2 min)

(from: W. FRITSCH/V. NOLTE/A. MORROW /A. ROAF)