

French Rowing Fedrsration 2,000m Race Strategy

Table 3.9

	1ST 500m	2nd 500m	3rd 500m	4th 500m	Predicted Time
500m TEST 100%	92%	88%	88%	91%	Time
1:15	1:21.5	1:25.2	1:25.2	1:22.4	5:34.4
1:17	1:23.7	1:27.5	1:27.5	1:24.6	5:43.3
1:18	1:24.8	1:28.6	1:28.6	1:25.7	5:47.8
1:19	1:25.9	1:29.8	1:29.8	1:26.8	5:52.2
1:20	1:27.0	1:30.9	1:30.9	1:27.9	5:56.7
1:21	1:28.0	1:32.0	1:32.0	1:29.0	6:01.1
1:22	1:29.1	1:33.2	1:33.2	1:30.1	6:05.6
1:23	1:30.2	1:34.3	1:34.3	1:31.2	6:10.1
1:24	1:31.3	1:35.5	1:35.5	1:32.3	6:14.5
1:25	1:32.4	1:36.6	1:36.6	1:33.4	6:19.0
1:26	1:33.5	1:37.7	1:37.7	1:34.5	6:23.4
1:27	1:34.6	1:38.9	1:38.9	1:35.6	6:27.9
1:28	1:35.7	1:40.0	1:40.0	1:36.7	6:32.4
1:29	1:36.7	1:41.1	1:41.1	1:37.8	6:36.8
1:30	1:37.8	1:42.3	1:42.3	1:38.9	6:41.3
1:31	1:38.9	1:43.4	1:43.4	1:40.0	6:45.7
1:32	1:40.0	1:44.5	1:44.5	1:41.1	6:50.2
1:33	1:41.1	1:45.7	1:45.7	1:42.2	6:54.6
1:34	1:42.2	1:46.8	1:46.8	1:43.3	6:59.1
1:35	1:43.3	1:48.0	1:48.0	1:44.4	7:03.6
1:36	1:44.3	1:49.1	1:49.1	1:45.5	7:08.0
1:37	1:45.4	1:50.2	1:50.2	1:46.6	7:12.5
1:38	1:46.5	1:51.4	1:51.4	1:47.7	7:16.9
1:39	1:47.6	1:52.5	1:52.5	1:48.8	7:21.4
1:40	1:48.7	1:53.6	1:53.6	1:49.9	7:25.9
1:41	1:49.8	1:54.8	1:54.8	1:51.0	7:30.3
1:42	1:50.9	1:55.9	1:55.9	1:52.1	7:34.8
1:43	1:52.0	1:57.0	1:57.0	1:53.2	7:39.2
1:44	1:53.0	1:58.2	1:58.2	1:54.3	7:43.7
1:45	1:54.1	1:59.3	1:59.3	1:55.4	7:48.2
1:46	1:55.2	2:00.5	2:00.5	1:56.5	7:52.6
1:47	1:56.3	2:01.6	2:01.6	1:57.6	7:57.1
1:48	1:57.4	2:02.7	2:02.7	1:58.7	8:01.5
1:49	1:58.5	2:03.9	2:03.9	1:59.8	8:06.0
1:50	1:59.6	2:05.0	2:05.0	2:00.9	8:10.4
1:51	2:00.7	2:06.1	2:06.1	2:02.0	8:14.9
1:52	2:01.7	2:07.3	2:07.3	2:03.1	8:19.4
1:53	2:02.8	2:08.4	2:08.4	2:04.2	8:23.8
1:54	2:03.9	2:09.5	2:09.5	2:05.3	8:28.3
1:55	2:05.0	2:10.7	2:10.7	2:06.4	8:32.7
1:56	2:06.1	2:11.8	2:11.8	2:07.5	8:37.2
1:57	2:07.2	2:13.0	2:13.0	2:08.6	8:41.7
1:58	2:08.3	2:14.1	2:14.1	2:09.7	8:46.1
1:59	2:09.3	2:15.2	2:15.2	2:10.8	8:50.6
2:00	2:10.4	2:16.4	2:16.4	2:11.9	8:55.0
2:01	2:11.5	2:17.5	2:17.5	2:13.0	8:59.5
2:02	2:12.6	2:18.6	2:18.6	2:14.1	9:03.9
2:03	2:13.7	2:19.8	2:19.8	2:15.2	9:08.4
2:04	2:14.8	2:20.9	2:20.9	2:16.3	9:12.9
2:05	2:15.9	2:22.0	2:22.0	2:17.4	9:17.3
2:06	2:17.0	2:23.2	2:23.2	2:18.5	9:21.8
2:07	2:18.0	2:24.3	2:24.3	2:19.6	9:26.2

2:08	2:19.1	2:25.5	2:25.5	2:20.7	9:30.7
2:09	2:20.2	2:26.6	2:26.6	2:21.8	9:35.2
2:10	2:21.3	2:27.7	2:27.7	2:22.9	9:39.6
2:11	2:22.4	2:28.9	2:28.9	2:24.0	9:44.1
2:12	2:23.5	2:30.0	2:30.0	2:25.1	9:48.5
2:13	2:24.6	2:31.1	2:31.1	2:26.2	9:53.0
2:14	2:25.7	2:32.3	2:32.3	2:27.3	9:57.5
2:15	2:26.7	2:33.4	2:33.4	2:28.4	10:01.9
2:16	2:27.8	2:34.5	2:34.5	2:29.5	10:06.4

2000m Race Strategy

For your interest and information we have included here a test protocol devised by the French Rowing Federation (FRF) which attempts to both maximise and predict 2000m race performance. This protocol is undertaken the day before an athlete's 2000m test. From the results the FRF then structure a race strategy for the athlete to follow during the race.

Test Protocol

The day before the 2000m test, all athletes complete two 'maximum' tests, first over 100m, and then 500m. Between the two tests a 15 minute active recovery is necessary (low intensity rowing). After the 500m test athletes are required to complete another reasonably long period of low intensity rowing to ensure the body is well recovered.

The 100m test is used to analyse the maximum speed possible, whilst the 500m time is used to plan the race pace for the 2000m test. Table 3.9 sets out the target pace per 500m based on the 500m test time. We have no information available on how the 100m test result impacts on race strategy.