PEAK CENTRE
FOR HUMAN PERFORMANCE

Rowing Assessment Options

Peak Centre Rowing Program

The Peak Centre for Human Performance is proud to introduce the Peak Centre Rowing Program. This cutting edge program combines the Peak Centre's long standing expertise in sport science with expert rowing coaching to provide a menu of training options for rowers on the West Coast of every level. The Peak Centre has been deeply involved with Canada's National Rowing Program through Ed McNeely, one of Peak's senior Sport Scientists, who has been the physiologist and strength consultant for the Canadian National team since 1992. Our programs make available to all rowers the sport science services previously accessible only by national level athletes. For coaches or clubs interested in having their athletes assessed, our staff will visit your club, test the athletes and explain the results and how the training can be modified according to the results. For athletes looking for some help with their training, we offer customized training program development, an off-season dryland program, assessment services and coaching services like video stroke analysis.

What is a Rowing Assessment?

A rowing assessment is something you are already very familiar with: *rowing*. Beginning at an easy workload on the erg, we increase the workload by 20-30 watts every few minutes until you reach your max power output. At the end of each interval our specially trained sport scientists take a heart rate reading and sample a drop of blood to measure the amount of lactate in your system at each stage. This gives us an accurate picture of your current aerobic fitness and enables us to set your Individual Training Zones (or Categories). Your Individual Training Zones are the intensities in watts and heart rate that are going to create the biggest performance improvements for you. The more precise you are with your training, the more you get out of every hour of training!

Individual Training Zones: The Key to Performance Improvements

The Peak Centre Training System is designed to develop an athlete through specific, scientific and individual needs. Our physiologists do this through precise Training Zone determination. Each training zone is dedicated toward improving a specific aspect of performance.

Zones 1, 3 & 5 are specific physiological parameters that must be precisely trained for performance improvements at specific events.
Zone 4 is sometimes used for the development of specific needs depending on the intensity and duration requirements of the athlete's event.
Zone 2 is a zone that isn't used in any rowing discipline and is counter-productive to a rowers overall fitness.

The key to determining training zones is accurate blood lactate analysis at several exercise intensity levels. After thorough analysis of the assessment information, Peak Centre exercise physiologists can precisely determine an athlete's individual key training zones.

Lactate Zone Check – Aerobic System Analysis (Individual or Group Testing Options)

Accurate Lactate Analysis
The athlete will undergo a graded exercise test where the intensity is gradually increased until failure. Lactate measurements will be taken at regular intervals and analyzed on a medical grade lactate analyzer to create a profile of how the athlete's body responds to rowing intensities.

Development of Individual Training Zones
Our sports scientists will analyze the athlete's physiological profile and precisely identify the intensities (in Watts and Heart Rate) corresponding to the 5 key training zones that are critical for the athlete to improve their event-specific fitness.

Consultation
One of our trained Exercise Physiologists will go over the results of the assessment and how they can be applied to improve the effectiveness of training.

Not in the Greater Vancouver Area?

No problem! We offer a range of options for remote clients.

Groups: For groups of 12 or more, we are happy to bring our lab to you! Our sport science team will come over to your rowing club for the weekend, run the group through the testing and offer a consultation on how we interpret the results and how they can be applied to your training.
Individuals: For individuals we offer remote testing kits and instructions on how to administer the test yourself. We'll analyze the results, put together a results report and go over the recommendations and how to apply the information over the phone.

Lactate Zone Check

- Lactate assessment – Determines individual aerobic training zones
- Identification of Current Limiting Factors
- Training Zones expressed in Heart Rates and Power (watts)
- Group Consultation & Discussion of the Assessment Results

Assessment Cost:	Groups of 1-4:	$135.00 + GST per assessment
	Groups of 5-9:	$115.00 + GST per assessment
	Groups of 10+:	$100.00 + GST per assessment

Consultation and Discussion of Results
Each testing option includes a group seminar to discuss how the different aspects of an athlete's physiology impact their performance in various rowing events and distances. We'll discuss both the aerobic and anaerobic energy systems, muscle fibres, lactic acid, explain the assessment results, and more importantly, how to apply the assessment results to training and racing.

Other Services that may be of Value to the Athletes are as Follows:

- Custom Training Program Development – includes on-the-water sessions, dryland sessions and strength work
- Resting Metabolic Rate Analysis – Determines individual daily caloric requirement for weight loss
- Body Composition – Evaluates changes in body composition
- Rowing Wingate – Analysis of current anaerobic fitness
- Video Stroke Analysis and Correction
- Lactate Zone Checks and training zone development for running or cycling
- Blood Chemistry Analysis – Analysis of various blood chemistry markers to monitor testosterone levels, iron levels, overtraining indicators and immune system function.