

TEST PERFORMANCE PROGRAMME

- Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol. Testing results must be submitted in the attached form.

- The teams to be supported/invited through the FISA Development Programme must have submitted results of the Test Performance Programme to the FISA Development Department for at least three months for all the athletes applying for Development support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the FISA Development Programmes remain solely at the discretion of the FISA Development team.

- Instructions on drag factor and test preparation are provided in the protocol below.

- The rowers participating at the test programme will be considered as in the following categories: - **High performance** rowers with 6 and more years of rowing experience - **Intermediate** rowers with 3-6 years of rowing experience - **Beginners** rowers with 0-3 years of rowing experience

- Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic SR 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic SR 22

- Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

World Rowing Federation

2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE

Day 1 - Morning

Warm up 30 minutes

1 x 150 meters max

Active recovery 20 minutes

1 x 2000 meters max

Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes

1 x 6000 meters SR 24 or 10Km at SR 20-22

Aerobic regeneration light rowing 40 minutes

Day 2 (only for High Performance rowers) - Morning

Warm up 30 minutes

1x 15Km SR 20-22

* Kindly use the Test Performance excel report template as attached to submit testing results