



Training for 6,000m Ergometer Pieces.

One of the key elements in training over time is improvement on the 6,000m erg test. This test is an effective measure of fitness and of mechanical efficiency, since strong performance requires both a high degree of fitness and a high degree of technical prowess. Included below are the workouts I suggest you use as specific preparation to optimize performance over 6,000m.

The ergometer workout we did at the High Performance Camp in Sarasota is the foundational exercise. It was 5 x 2000m rowed at the stroke rating and pace of your 6,000m goal. We did this work with 6 minutes of rest between intervals, one more minute than I would usually allot, because of the concentrated workload of the High Performance Camp.

Here are the three variations I use:

- 6 x 1500m @ 6000m pace and spm/4 minutes rest between intervals.
- 5 x 2000m @ 6000m pace and spm/5 minutes rest between intervals.
- 4 x 2500m @ 6000m pace and spm/6 minutes rest between intervals.

I usually have athletes do the repeat 1500s on week one, the repeat 2000s on week 2, and the repeat 2500s on week three. This leads to a 6000m test on week four. Most often I have athletes do this work on Mondays, though it could be any day. The workouts should be spaced a week apart, and they should be used in conjunction with a training program that includes two days of long aerobic work per week, and two days of substantially shorter intervals per week, with a sixth day of race preparation work.

Targets:

Category	time	pace	stroke rating	Drag Factor
Junior Elite:	sub-20:00	sub-1:40.0	28-30 spm	120 (+/- 5)
Junior National	sub-20:30	sub-1:42.5	28-30 spm	120 (+/- 5)
Junior Development	sub-21:00	sub-1:45.0	28-30 spm	120 (+/- 5)
Junior B	sub-22:00	sub-1:50.0	28-30 spm	120 (+/- 5)

The keys to these workouts are:

- 1) hitting rating and split consistently and repeatedly from the first interval to the last.
- 2) rowing full and effective strokes with relaxation, poise, and rhythm.
- 3) sustaining the quality of the effort and the application of energy throughout.

I ask that all Junior National Team and Development Camp candidates to do one 6,000m test in December or January and a second in February or March.

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US Junior Men's Sweep Team