



**PROGRESSIVE AEROBIC POWER TEST**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ AGE: \_\_\_\_\_

DRAG FACTOR SETTING: \_\_\_\_\_

Target Pace	Actual Pace	Meters	Stroke Rate	Heart Rate
(start)				
-3"				
-3"				
-3"				
-3"				
-2"				
-2"				
-2"				
-2"				
-2"				

1. Warm-up for 5' at your at or slightly slower than your starting pace.
2. Set work time for 5 minutes w/rest of 10 seconds.
3. Row at a stroke rate that is easy to maintain pace.
4. Do not row faster than designated pace.
5. Record Heart Rate at the end of 5' interval.
6. If you can't hold designated pace, then the test is over. Record how long you went into interval before you could not hold pace.