



Stony Brook Crew

2k Benchmark Test

Why are we performing a Benchmark?

Benchmarking through a 2,000m test is a pivotal aspect of an athlete's journey in rowing. It comprehensively evaluates an individual's physical and mental capabilities, serving as a cornerstone for training progression and performance enhancement.

Purpose of the 2k Benchmark:

The 2,000m benchmark is a comprehensive assessment tool evaluating an athlete's overall capacity, including aerobic and anaerobic fitness, mental resilience, and pacing strategies. It offers crucial insights into an athlete's strengths and areas for improvement, guiding training programs to optimize performance.

Key Advantages of the 2k Test:

Comprehensive Assessment: The 2k test offers a holistic evaluation of an athlete's physical and mental capabilities, including aerobic and anaerobic aspects.

Performance Insights: It provides valuable data on an athlete's fitness level as a baseline for setting performance goals and tracking progress over time.

Training Optimization: By identifying limiting factors and areas for improvement, the 2k test enables coaches to tailor training programs to address specific needs and enhance overall performance.

Recommended Starting Splits

Beginner: 6k - 2"
26-28 spm

Intermediate: 6k - 4"
28-30 spm

Advanced: 6k - 6"
30-34+ spm

Race Day:

0-250m: Start Sequence $\frac{1}{2}$, $\frac{1}{2}$, $\frac{3}{4}$, *lengthen, full, High 10, Settle 10*

250-500m: Finding target split, don't freak out

500-1000m: Getting to the halfway mark! Focus on breathing.

1000-1500m: Can I drop my split? We're getting close!

1500-1750m: Take a Focus 10 and decide when to start sprinting.

1750- 2000m: Find your moment to sprint and empty the tanks.

Strategy:

The 2,000m rowing benchmark is more than just a physical test; it's a mental and strategic challenge that requires careful preparation and execution. By following a structured approach and leveraging strategic tips, athletes can optimize their performance and achieve success in the 2k test.