



## Stony Brook Crew

### 6k Benchmark Test

#### Why are we performing a Benchmark?

Benchmarking in athletics assesses individual performance, identifies limiting factors, and determines optimal training zones. It plays a crucial role in monitoring training program progress over specific periods and introduces essential racing skills. Testing is a multifaceted tool that informs training strategies and contributes to holistic athlete development.

#### Why 6k?

Opting for the 6,000m Test offers distinct advantages over its 2k counterpart. While the 2k test comprehensively assesses an athlete's total capacity, including aerobic and anaerobic aspects, mental toughness, and motivation, it comes at a cost. Physically and mentally exhausting, the 2k is unsuitable for frequent repetition and provides limited training insights.

In contrast, the 6,000m test strikes a balance. It effectively measures anaerobic threshold and aerobic capacity, facilitating the design of individualized training zones. Notably, it is less taxing, allowing for more frequent repetitions. Beyond its efficiency, the 6,000m test emerges as a valuable tool for monitoring the progress of a training program over time, making it a preferred choice for athletes seeking a comprehensive yet sustainable evaluation.

#### Recommended Starting Splits

Beginner: 2k+ 20"

24-26 spm

Intermediate: 2k+ 12"

26-28 spm

Advanced: 2k+ 8"

28-30+ spm

**Split Focus:** Pick and stick with a split for each 750m piece, gradually decreasing it.

#### Race Day:

**0-1000m:** Easy breezy—maintain composure and resist pushing too hard.

**1000-2000m:** Feel the rhythm, heart rate in check—establish a comfortable pace.

**2000-3000m:** Battle boredom and discomfort—focus on maintaining form.

**3000-4000m:** Crisis mode—avoid regret, stick to planned pacing.

**4000-5000m:** Embrace the pain—endurance test, focus on breathing and form.

**5000-5500m:** Lock in, push through—maintain concentration and form.

**5500-5750m:** The finish line in sight—persevere, it's almost over.

**5750-6000m:** Final push—give it your all, finish strong.

#### Strategic Tips:

**Midway Check:** Assess your pace at the halfway mark.

**Adjustment:** If feeling strong, gradually decrease split every 250m.

**Mindset:** Prioritize control and relaxation, unlike a 2k—strategic pacing is essential.

**Remember:** This is not just about powering through; it's a mental and physical challenge that requires a well-thought-out approach for a successful 6k rowing benchmark.