ROWPT CLUB & MASTERS · AGE GRADE GUIDE

Surge Men

Surge

Ages 30 to 39

Sessions	4 a week
Session	60 min
Max rowing	45 min

Focus: Build the engine. Full training load, race pace work every week.

Badge standards

Men, 30 to 39

TEST	BRONZE	SILVER	GOLD	PLATINUM
1000 m	**3:51.4** 1:55.7 /500m	**3:30.1** 1:45.0 /500m	**3:16.6** 1:38.3 /500m	**3:05.7** 1:32.8 /500m
2000 m	**7:58.9** 1:59.7 /500m	**7:24.6** 1:51.1 /500m	**6:56.7** 1:44.1 /500m	**6:36.8** 1:39.2 /500m
5000 m	**21:46.1** 2:10.6 /500m	**19:58.8** 1:59.8 /500m	**18:54.9** 1:53.4 /500m	**17:59.9** 1:47.9 /500m
10,000 m	**44:39.6** 2:13.9 /500m	**41:37.9** 2:04.8 /500m	**39:11.1** 1:57.5 /500m	**37:33.1** 1:52.6 /500m
Marathon	**3:27:49.1** 2:27.7 /500m	**3:13:08.6** 2:17.3 /500m	**2:58:13.3** 2:06.7 /500m	**2:46:24.3** 1:58.3 /500m

Times to beat, with target /500m split. Bronze, Silver, Gold and Platinum are the 25th, 50th, 75th and 90th percentile of ranked rowers worldwide for this age and gender. Starter: finish the test with good technique. Source: Concept2 Online Logbook world rankings, 2026 season (May 2025 to April 2026), RowErg, all weight classes. Personal-best events: RowPT Beep Test, 1 minute challenge.

Training sessions

4 a week

SESSION	WARM-UP	MAIN SET	FINISH
Endurance **Endurance**	Short warm-up.	**3 × 12min/4 at rate 22.**	Stretch and log.
Tempo **Tempo**	Short warm-up.	**3 x (8min + 4min)/3 at rate 22/26.**	5 × 10 strokes power, 50 sec easy.
Race pace **Race pace**	Long warm-up.	**6 × 500m/2 at rate 28 to 30, 2 sec faster than your 2k split.**	1000 m easy.
Endurance **Long row**	5 min easy.	**50 to 60 min HR capped 70% at rate 20.**	Stretch.

Warm-ups

Short warm-up. 5 min row, straps loose. Rate ladder to piece pace from 20: 10/10, 20/20, 30/30, 20/20, 10/10. 2 min light paddle.

Long warm-up. 5-10 min row, straps loose. Rate ladder to piece pace from 22: 30/30, 20/20, 10/10, 20/20, 30/30. 5 min paddle.

Reading sessions. 3 × 8min/3 = three 8 min pieces, 3 min rest. Rate 20/22 = stroke rate for each piece in order.

Train smart, stay safe

- Check with your GP before your first all-out test if you are new to hard exercise.
- Warm up for at least 10 minutes, longer from 60. Never test cold.
- Damper 3 to 5. A lower damper protects backs and shoulders.
- Two easy days after any 2000 m or 5000 m test.
- Add two short strength and mobility sessions a week from 50.
- Marathon: build your long row to 90 min first. Drink and fuel every 20 to 30 min.
- Stop and seek help with chest pain, dizziness or unusual breathlessness.



YOUR ROWPT COACH

Talk to Ger Sheehan

Book a group Zoom workout, PT session or your first test.

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