AGE GRADE PROGRAMME

RowPT Club & Masters

Performance tests, training and competitions for ages 19 and over

BUILT ON REAL DATA
Standards from the **Concept2 world rankings**

Six age groups, five test distances and one leaderboard where age is no excuse. Every rower tests against rowers their own age and gender worldwide, earns badges as they improve, and races everyone else on a level playing field through the RowPT Age Grade Score.

Age groups

Every group tests 1000 m, 2000 m, 5000 m, 10,000 m and Marathon

GROUP	AGES	SESSIONS	SESSION	FOCUS
Club	**19 to 29**	4 to 5 a week	60 to 75 min	Club racing grade. Highest training load, race pace and sprint work every week.
Surge	**30 to 39**	4 a week	60 min	Build the engine. Full training load, race pace work every week.
Swell	**40 to 49**	4 a week	60 min	Hold top-end speed. Quality over quantity, one long row a week.
Breakers	**50 to 59**	3 to 4 a week	50 to 60 min	Aerobic base plus short speed. Add 2 strength sessions a week.
Tide	**60 to 69**	3 a week	45 to 50 min	Steady endurance, controlled speed, longer warm-ups and recovery.
Legends	**70 and over**	3 a week	40 to 45 min	Move well, stay strong, keep improving. Technique and consistency.

Badge levels

Each badge is a real Concept2 percentile for your age and gender.

STARTER	Finish the test with good technique and a sensible pace plan.
BRONZE	Faster than 25th percentile of ranked rowers worldwide
SILVER	Faster than 50th percentile of ranked rowers worldwide
GOLD	Faster than 75th percentile of ranked rowers worldwide
PLATINUM	Faster than 90th percentile of ranked rowers worldwide

RowPT Age Grade Score

Makes every age race every other age.

> **Score = Gold time ÷ your time × 100**

100 means Gold for your age and gender. A 68-year-old on 101 beats a 35-year-old on 97. The Excel calculator works it out.

Example: Gold for a 50-59 woman at 2000 m is 8:17.1. She rows 8:30.0, so her score is 97.5.

How a term runs

- **Week 1:** 5000 m baseline. Sets your training splits and a time to beat.
- **Weeks 2 to 9:** group sessions, with a 1000 m test in Week 5 and the Age Group Relay.
- **Week 10:** 2000 m Age Grade Challenge and the Generations Race. Badges awarded.
- **Twice a year:** 10,000 m test. **Once a year:** Marathon challenge (optional, after building long rows to 90 min).
- **Every month:** log your metres for Row the Waikato Solo.

Train smart, stay well

- 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.

Badge standards

Times to beat, with the target /500m split underneath. Source: Concept2 Online Logbook world rankings, 2026 season (May 2025 to April 2026), RowErg, all weight classes. * Provisional marathon standard: fewer than 30 ranked rowers. Legends use 70-79 standards. Club covers Concept2's 19-29 band.

GROUP	TEST	WOMEN				MEN			
		BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
Club *19 to 29*	1000 m	4:16.4 2:08.2	3:54.3 1:57.1	3:39.1 1:49.5	3:25.5 1:42.7	3:45.2 1:52.6	3:23.0 1:41.5	3:10.4 1:35.2	2:58.7 1:29.3
	2000 m	8:39.1 2:09.7	8:01.7 2:00.4	7:37.4 1:54.3	7:07.7 1:46.9	7:29.9 1:52.4	6:57.8 1:44.4	6:36.3 1:39.0	6:14.5 1:33.6
	5000 m	24:06.0 2:24.6	21:21.8 2:08.1	19:59.3 1:59.9	19:14.2 1:55.4	21:10.0 2:07.0	19:29.2 1:56.9	18:12.4 1:49.2	17:18.4 1:43.8
	10,000 m	49:55.2 2:29.7	47:38.1 2:22.9	44:14.5 2:12.7	41:57.2 2:05.8	43:56.4 2:11.8	40:52.9 2:02.6	38:35.4 1:55.7	36:33.6 1:49.6
	Marathon*	3:41:48.9 2:37.7	3:24:35.1 2:25.4	3:06:39.1 2:12.7	3:03:16.0 2:10.2	3:26:53.4 2:27.0	3:07:50.2 2:13.5	2:53:37.5 2:03.4	2:44:59.8 1:57.3
	Personal bests: RowPT Beep Test, 1 minute challenge								
Surge *30 to 39*	1000 m	4:26.7 2:13.3	4:03.8 2:01.9	3:42.6 1:51.3	3:32.2 1:46.1	3:51.4 1:55.7	3:30.1 1:45.0	3:16.6 1:38.3	3:05.7 1:32.8
	2000 m	9:26.3 2:21.5	8:27.9 2:06.9	7:51.8 1:57.9	7:29.1 1:52.2	7:58.9 1:59.7	7:24.6 1:51.1	6:56.7 1:44.1	6:36.8 1:39.2
	5000 m	25:23.7 2:32.3	22:55.0 2:17.5	21:19.1 2:07.9	19:56.9 1:59.6	21:46.1 2:10.6	19:58.8 1:59.8	18:54.9 1:53.4	17:59.9 1:47.9
	10,000 m	52:04.8 2:36.2	47:18.8 2:21.9	44:26.9 2:13.3	42:20.7 2:07.0	44:39.6 2:13.9	41:37.9 2:04.8	39:11.1 1:57.5	37:33.1 1:52.6
	Marathon	3:49:55.2 2:43.4	3:40:25.4 2:36.7	3:24:39.0 2:25.5	3:12:21.8 2:16.7	3:27:49.1 2:27.7	3:13:08.6 2:17.3	2:58:13.3 2:06.7	2:46:24.3 1:58.3
	Personal bests: RowPT Beep Test, 1 minute challenge								
Swell *40 to 49*	1000 m	4:28.8 2:14.4	4:05.6 2:02.8	3:50.0 1:55.0	3:35.9 1:47.9	3:55.1 1:57.5	3:35.4 1:47.7	3:20.3 1:40.1	3:09.9 1:34.9
	2000 m	9:28.0 2:22.0	8:38.0 2:09.5	8:01.9 2:00.4	7:36.6 1:54.1	8:11.5 2:02.8	7:38.2 1:54.5	7:09.5 1:47.3	6:47.8 1:41.9
	5000 m	24:58.2 2:29.8	22:45.9 2:16.5	21:16.6 2:07.6	20:14.4 2:01.4	22:01.0 2:12.1	20:25.7 2:02.5	19:14.8 1:55.4	18:24.4 1:50.4
	10,000 m	49:57.5 2:29.8	46:53.9 2:20.6	44:25.6 2:13.2	42:29.1 2:07.4	44:44.5 2:14.2	41:57.4 2:05.8	39:35.7 1:58.7	37:54.0 1:53.7
	Marathon	3:49:34.9 2:43.2	3:31:58.0 2:30.7	3:22:58.9 2:24.3	3:14:40.8 2:18.4	3:34:46.5 2:32.7	3:15:50.2 2:19.2	3:00:39.5 2:08.4	2:49:13.0 2:00.3
	Personal bests: RowPT Beep Test, 1 minute challenge								
Breakers *50 to 59*	1000 m	4:48.2 2:24.1	4:17.8 2:08.9	3:56.5 1:58.2	3:44.2 1:52.1	3:58.9 1:59.4	3:41.8 1:50.9	3:27.3 1:43.6	3:16.4 1:38.2
	2000 m	9:48.9 2:27.2	8:58.9 2:14.7	8:17.1 2:04.2	7:54.0 1:58.5	8:26.4 2:06.6	7:48.7 1:57.1	7:23.0 1:50.7	6:58.7 1:44.6
	5000 m	25:39.9 2:33.9	23:18.9 2:19.8	21:39.0 2:09.9	20:37.2 2:03.7	22:07.0 2:12.7	20:44.1 2:04.4	19:32.0 1:57.2	18:35.3 1:51.5
	10,000 m	51:57.2 2:35.8	47:54.9 2:23.7	45:30.8 2:16.5	43:12.4 2:09.6	44:59.2 2:14.9	42:31.7 2:07.5	39:56.8 1:59.8	38:34.3 1:55.7
	Marathon*	4:34:22.0 3:15.0	3:58:14.7 2:49.3	3:33:58.5 2:32.1	3:14:12.8 2:18.0	3:30:52.1 2:29.9	3:14:31.7 2:18.3	2:58:40.7 2:07.0	2:50:17.0 2:01.0
	Personal bests: RowPT Beep Test, 1 minute challenge								
Tide *60 to 69*	1000 m	4:57.0 2:28.5	4:28.0 2:14.0	4:12.9 2:06.4	3:59.4 1:59.7	4:10.5 2:05.2	3:50.8 1:55.4	3:37.1 1:48.5	3:25.9 1:42.9
	2000 m	10:34.6 2:38.6	9:24.3 2:21.0	8:50.5 2:12.6	8:26.6 2:06.6	8:52.2 2:13.0	8:09.3 2:02.3	7:40.7 1:55.1	7:20.7 1:50.1
	5000 m	27:09.8 2:42.9	24:12.6 2:25.2	22:42.6 2:16.2	21:50.0 2:11.0	22:36.9 2:15.6	21:13.3 2:07.3	20:04.1 2:00.4	19:20.5 1:56.0
	10,000 m	52:52.5 2:38.6	48:55.6 2:26.7	46:30.6 2:19.5	44:38.4 2:13.9	46:17.8 2:18.8	43:30.7 2:10.5	41:19.5 2:03.9	39:39.5 1:58.9
	Marathon*	3:48:50.9 2:42.7	3:38:11.5 2:35.1	3:28:42.5 2:28.3	3:13:16.5 2:17.4	3:34:33.9 2:32.5	3:19:38.4 2:21.9	3:07:06.2 2:13.0	2:57:35.3 2:06.2
	Personal bests: RowPT Beep Test, 1 minute challenge								
Legends *70 and over*	1000 m	5:37.9 2:48.9	4:58.4 2:29.2	4:37.1 2:18.5	4:19.2 2:09.6	4:32.3 2:16.1	4:07.8 2:03.9	3:51.1 1:55.5	3:39.8 1:49.9
	2000 m	11:23.0 2:50.7	10:00.0 2:30.0	9:28.3 2:22.0	9:00.4 2:15.1	9:44.7 2:26.1	8:53.1 2:13.2	8:18.0 2:04.5	7:49.7 1:57.4
	5000 m	29:30.4 2:57.0	26:29.6 2:38.9	24:14.8 2:25.4	23:19.3 2:19.9	24:37.8 2:27.7	22:46.7 2:16.6	21:23.9 2:08.3	20:24.0 2:02.4
	10,000 m	59:40.1 2:59.0	52:46.0 2:38.3	48:57.1 2:26.8	47:09.5 2:21.4	50:06.3 2:30.3	46:32.1 2:19.6	44:04.3 2:12.2	42:16.5 2:06.8
	Marathon*	*Finisher badge*				4:07:53.7 2:56.2	3:29:17.1 2:28.7	3:12:27.8 2:16.8	3:05:34.7 2:11.9
	Personal bests: 1 minute challenge								

How to test: long warm-up, damper 3 to 5, even pacing. 1000 m, 2000 m and 5000 m once a term; 10,000 m twice a year; marathon once a year after long rows reach 90 min. Log every result in the Excel Results & League sheet.

Training sessions

Club — 19 to 29 · 4 to 5 sessions a week · 60 to 75 min, max 60 min rowing

SESSION	WARM-UP	MAIN SET	FINISH
Endurance **Endurance**	Short warm-up.	**3 × 15min/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.	**8 × 500m/2 at rate 30 to 32, 2 sec faster than your 2k split.**	1000 m easy.
Endurance **Long row**	5 min easy.	**60 to 75 min HR capped 70% at rate 20. Build toward 90 min before a marathon.**	Stretch.
Sprint **Sprint (optional)**	Long warm-up.	**2 x (2min + 1min + 45sec + 45sec)/4 at rate 28/30/34/38.**	1000 m easy.

Surge — 30 to 39 · 4 sessions a week · 60 min, max 45 min rowing

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.

Swell — 40 to 49 · 4 sessions a week · 60 min, max 45 min rowing

Endurance **Endurance**	Short warm-up.	**3 × 10min/3 at rate 20/22.**	Stretch and log.
Tempo **Tempo**	Short warm-up.	**2 x (8min + 6min)/4 at rate 22/24.**	4 × 10 strokes power, 50 sec easy.
Race pace **Race pace**	Long warm-up.	**4 × 750m/3 at rate 26 to 28, at your 2k split.**	1000 m easy.
Endurance **Long row**	5 min easy.	**50 min HR capped 70% at rate 20.**	Stretch.

Breakers — 50 to 59 · 3 to 4 sessions a week · 50 to 60 min, max 40 min rowing

Endurance **Endurance**	Long warm-up.	**2 × 15min/4 at rate 20/22.**	10 min core and mobility.
Tempo **Tempo**	Long warm-up.	**4 × 5min/2 at rate 24.**	10 min core and mobility.
Sprint **Speed**	Long warm-up.	**8 × 1min/1 at rate 26 to 28.**	1000 m easy, stretch.
Endurance **Long row (optional)**	5 min easy.	**45 min HR capped 70% at rate 20.**	Stretch.

Tide — 60 to 69 · 3 sessions a week · 45 to 50 min, max 35 min rowing

Endurance **Endurance**	10 min build-up, pick drill.	**3 × 8min/3 at rate 20.**	10 min mobility and balance.
Tempo **Tempo**	Long warm-up.	**3 × 6min/2 at rate 22/24.**	10 min strength: squats, rows, bridges.
Sprint **Controlled speed**	Long warm-up.	**6 × 45sec/1:15 at rate 24 to 26. Strong, not flat out.**	1000 m easy, stretch.

Legends — 70 and over · 3 sessions a week · 40 to 45 min, max 30 min rowing

Endurance **Endurance**	10 min build-up, pick drill.	**2 × 10min/3 at rate 18/20.**	10 min mobility and balance.
Tempo **Tempo**	10 min build-up.	**4 × 4min/2 at rate 22.**	10 min strength: sit-to-stand, rows, bridges.
Sprint **Speed touch**	Long warm-up.	**6 × 30sec/1:30 at rate 24. Smooth and strong.**	Easy paddle, stretch.

RowPT Age Grade Challenge

MONTHLY, ON THE CLASS TEST SATURDAY

Everyone rows a badge test. Time converts to an Age Grade Score (100 = Gold for your age and gender), so a 72-year-old and a 25-year-old race on one leaderboard. Badges for every level reached.

Age Group Relay

ONCE A TERM

Teams of 4, each from a different age group. 4 × 500 m relay; team score is the average Age Grade Score. Fair for every mix of ages.

Row the Waikato Solo

RUNNING ALL SEASON

Row the full 425 km of the Waikato River, Lake Taupō to Port Waikato, on your own erg. About 55 km a month gets you there in 8 months. Milestone badges at 100, 200 and 300 km.

Generations Race

END OF EACH TERM

Club and Masters versus RowPT Juniors. Each side's Age Grade Scores are averaged; highest team average wins bragging rights for the term.

RowPT Beep Test

5 × 4 min, no rest. Rate 20 to 28, up 2 spm and 4 sec/500m faster each step. PM: Intervals Variable, 4 min work, 0 rest, x 5. Clear a level to move up; if you can't finish, note the time left. Your level sets your training splits.

LEVEL	STEP 1 @20	STEP 5 @28	ACHIEVED
L1	2:20	2:04	
L2	2:18	2:02	
L3	2:16	2:00	
L4	2:14	1:58	
L5	2:12	1:56	
L6	2:10	1:54	
L7	2:08	1:52	
L8	2:06	1:50	
L9	2:04	1:48	
L10	2:02	1:46	
L11	2:00	1:44	
L12	1:58	1:42	
L13	1:56	1:40	
L14	1:54	1:38	
L15	1:52	1:36	

Warm-up and pacing

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

Long warm-up. 10 min row. Rate ladder from 22: 30/30, 20/20, 10/10, 20/20, 30/30. 5 min paddle. Use before every test.

10 min build-up (60+). 3 min easy, pick drill, then 3 × 1 min building pressure, 1 min easy between.

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

Pacing a test. Hold an even split. Start no more than 2 sec faster than target, settle by 250 m, lift the rate for the last 250 m.

Training splits. Use the RowPT Pace guide: set splits from your Beep Test level.



YOUR ROWPT COACH

Talk to Ger Sheehan

Questions, bookings or your first test session? Get in touch.

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