



### **Suggested Testing Protocol and Order**

#### **Day before test AM**

- 90 min Aerobic on water or Ergo @ 18-22

#### **Day 1 test AM**

- 100m all-out/open rate test
- 20 min later 500m all out – open rate and drag (Adaptive 250m)
- 10 km Aerobic on ergo or on water @ 18-20

#### **Day 1 test PM**

- 6000m all out/open rate and drag (Adaptive 3000m)

#### **Day 2 AM, pre-test aerobic row**

- 12 km aerobic on water or ergo @ 18-20

#### **Day 2 test PM**

- 30min all out/open rate and drag