

# concept 2 UPDATE

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SPRING 2010

C.R.A.S.H.-B. WELCOMES ADAPTIVE ATHLETES  
INSPIRATIONAL STORIES  
CONCEPT2 SKIERG TECH TIPS  
SUMMER CHALLENGES  
A YEAR OF FITNESS CALENDAR

## THE C.R.A.S.H.-B.S WELCOME ADAPTIVE ATHLETES

Every February for the past 29 years, rowers from all over the world have converged in Boston, Massachusetts, for the C.R.A.S.H.-B. Sprints World Indoor Rowing Championship. In the early days, you could count the number of participants on a couple pairs of hands and feet, and none came from farther away than they could drive. More recently, the numbers have swelled to the thousands and include athletes from all corners of the globe who come to row 2000 meters on a cold New England Sunday.

The C.R.A.S.H.-B.s originated in 1982 when a group of rowers, many of whom were current or former national team members, organized an indoor rowing race to help beat the winter training doldrums. They named themselves the Charles River All Star Has-Beens—C.R.A.S.H.-B.s—and unsuspectingly birthed the world's premier indoor rowing regatta.

This year, adaptive rowers were included in the C.R.A.S.H.-B.s. Thirty-eight people from the adaptive

program at Community Rowing, Inc., Spaulding Rehabilitation Hospital, the Paralympic Military Program, and other local and international organizations rowed on Concept2 Indoor Rowers that were adapted to meet their individual needs. The adaptive events held at C.R.A.S.H.-B.s were 1000 meter sprints in four different classifications: Functional Electrical Stimulation (FES), Legs-Trunk-Arms (LTA), Trunk-Arms (TA) and Arms-Shoulders (AS).

Four-time multisport Paralympian and Beijing bronze medalist Laura Schwanger won the hammer in the Women's AS division with a time of 5:09.0. Beijing Paralympians Ron Harvey and Emma Preuschl won the Men's AS with a 4:11.2 time and Women's LTA in 3:49.7, respectively. Shane Ryan of Limerick, Ireland, turned in the fastest time for the men's LTA, 3:08.1.

For all C.R.A.S.H.-B. results, visit [crash-b.org/results](http://crash-b.org/results).



*Diane Pollack from Brooks Rehabilitation in Jacksonville, Florida. Women's Open LTA category, 5:20.4.*



*Winners of the Men's Open TA category. From l. to r.: Anthony Davis, 4:06.8; Augusto Perez, 4:01.6 and Laurent Piereth, 4:02.8.*



Winners of Women's Open AS category. From l. to r.: Lauren Silva, 7:43.8; Beijing Paralympic bronze medalist Laura Schwanger, 5:09.0 and Jennifer Cloutier, 6:03.2.



Winners of the Men's Open LTA category. From l. to r.: Aron O'Dowd, 3:30.4; Shane Ryan, 3:08.1 and Kevin Frost, 3:24.3.



Congratulations after the Men's Open TA race between Francisco Lopez DeVictoria, 4:07.0, and Augusto Perez, 4:01.6.

## ADAPTIVE CATEGORIES FOR CONCEPT2 ONLINE RANKING

Concept2 introduced adaptive categories to the Online Ranking in the 2003–2004 season. Because adaptive rowing has grown in popularity, we are excited to be offering additional ranking categories created to attract and serve more populations of adaptive athletes.

As of May 1, 2010, the Online Ranking adaptive classifications are as follows:

- AS: (Arms-Shoulders) class is for rowers who have no minimal trunk function (i.e. shoulder function only). An AS class rower is able to apply force predominantly using the arms and/or shoulders. These athletes will likely also have poor sitting balance.
- TA: (Trunk-Arms) class is for rowers who have functional use of the trunk but are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs.
- LTA: (Legs-Trunk-Arms) class is for rowers who have functional use of their legs, trunk, and arms for rowing, and can utilize the sliding seat. This class is divided into the following sub-categories:
  - SLAK Amp—single leg above the knee amputee
  - SLBK Amp—single leg below the knee amputee
  - VI—visually impaired
  - ID—intellectual disability
  - NMD—neuromuscular disease (Multiple Sclerosis, Cerebral Palsy and other similar ailments)
  - GC—grip challenged (single or double arm amputee as well as someone with single or double grip disability)

You can choose your sub-category when you set up your online logbook and create your profile. You may also edit an existing profile to add one of these new categories. In the rankings, the sub-category will be listed in a column titled LTA Category when LTA is selected as the ranking filter.

If you know a rower who fits in any of these adaptive classifications, please let them know about this opportunity!



## BE INSPIRED

**W**e are lucky to have an incredible group of customers, many of whom take the time to write us about how rowing has helped them through health challenges. Their broad range of experience and perspective is a great source of inspiration to us. While these stories may not be typical, we're excited to be a part of so many extraordinary moments.



"Most of my meters were rowed after completing treatment for lymphoma, including chemotherapy, radiation therapy and surgery. The surgery removed 5% of my right lung and the radiation scarred another 10% of both lungs. Thanks, Concept2 for getting me into better shape than before my illness!"

Mark A. Brown, Arizona

"I hit my two million meter goal in April 2009 and suffered from goal completion doldrums. For the last few months, my rowing has been more miss than hit. Two weeks ago, I decided to put my machine in the back of the truck, and while my son was doing swim practice, row in the parking lot behind the pool.

My usual pace for my workouts is around 2:15/500 meters which typically gets me up to 140 bpm (age 55), a nice easy pace for me.

That evening, a pace of 2:30 generated considerable discomfort in my chest that went away if I dropped down to 2:40/2:45 per 500. Not using my noodle like I should have, I finished 12,000 meters split over four sets.

Over the next few days, I started thinking about what I had experienced while exercising. I saw my doctor and explained what had been going on. He sent me to Duke University Medical Center in Durham, North Carolina, for a detailed stress test.

I flunked the after-exercise part of the test, was admitted into the hospital immediately, met the cardiologist that afternoon, had an angiogram the next morning where one of my heart arteries was discovered to be practically blocked. A stent was inserted to open up the artery.

Fortunately, my heart suffered no damage and the stent has reopened the artery to its original diameter. I should have a complete recovery. I'm convinced that if I had not been using your indoor rower regularly over the first 2,000,000 meters as well as that night outside the pool, I might have missed the signs of an impending heart attack until such time that the results would have been much more drastic."

Bill Cook, Chapel Hill, North Carolina



▲

"In 2003, I was diagnosed with ankylosing spondylitis, an auto-immune arthritis condition, and was unable to walk for a period due to extreme tendonitis in my feet. I spent a couple of months in a wheelchair just to avoid the pain of walking. After struggling with various forms of medication for three years I finally got things under control enough to take up an exercise plan in earnest. I had always loved the Concept2 Indoor Rower and had married into a family of rowers, so I decided to buy an erg. I started hitting it pretty slowly, but gradually found that as I worked out harder I felt stronger and the pain bothered me less. After a season of steady ergwork and dieting, I was 40 pounds lighter and in the best shape of my life. I joined the local boat club and started sculling as well. I trained in earnest through the fall 2008 and managed to pull a 6:29.7 at last year's C.R.A.S.H.-B.s. The arthritis seems to be in full remission as I'm fully off medication as of summer 2007.

The rowing machine has assumed a mythic status in the family as it seems to be responsible for returning me to full health. I do not exaggerate when I say I feel like the thing saved my life. Three and a half million meters down, and Lord knows how many to go!"

Jeff Brock, Providence, Rhode Island

▶

"In July 2009, I found out I had cancer and would need surgery, radiation and chemo. The answer to one of my first questions to the doctor; 'when can I row again after surgery?' was eight weeks. Walking helped bridge the gap. When I started radiation in September, the Fall Rowing Challenge gave me incentive to row whatever amount of meters I could (which wasn't too much!). Rowing some during the day gave me the energy to make it through the afternoon at work and then go to the hospital for evening treatments. Rowing was something I could control at a time when much was out of my control. Slowly, I started rowing more meters or would row with a bit more intensity. By the time radiation ended and chemo started, I was rowing about four days a week. More incentive came with the Holiday Challenge. In the past I normally rowed over 200,000 meters in that challenge. This year I managed about 150,000 meters and, at the end of November, I hit the 13 million meter mark for my lifetime meters rowed.

I believe that continuing to row during my cancer treatment gave me the strength to endure the process physically and mentally. My time spent rowing allowed me to focus only on that rowing workout, and not dwell on this awful disease.

It has been three months since my last treatment. I just completed over 200,000 meters for the team World Rowing Challenge and am rowing faster and longer than I was a year ago. I have realized that my rowing performance is also a gauge of my overall health. My pace for 500 meters a year ago, when I was unaware of my tumor, was 10 seconds slower than two years ago. I am now close to matching my pace from two years ago and hope to beat those times in the near future, as well as reach the 14 million meter mark—325,000 meters to go! I feel strong and healthy now. I am thankful for the fitness level maintained because of my rowing, and truly believe it helped me in my fight."

Lisa Washburn, Morrisville, VT

(Editor's note: Lisa is the controller at Concept2. She was a constant source of inspiration to us as she rowed through her cancer treatment.)



## CONCEPT2 GOES TO THE VASALOPPET 2010

Vasa-what?

Concept2 recently introduced the Concept2 SkiErg at the Vasaloppet, the oldest, largest, most well-known Nordic ski race in the world. The race is named after 16th century Swedish King Gustav Vasa who, legend has it, skied the distance in rebellion against Christian II of Denmark, the leader of the Kalmar Union that controlled Sweden at the time. Combined with the Swedish word loppet, which loosely translates to "marathon," you get Vasaloppet, the 90 kilometer race route from Sälen to Mora, Sweden.

Concept2's Josh Carlson traveled to Sweden to help at the expo with Swedish Concept2 dealer Bo Ekros, and also had a chance to race.

This year's 90K race had a record number of participants: 14,934! Over 35,000 additional skiers participated in shorter races that took part during the week leading up to the Vasaloppet.

Here's an excerpt from Josh's race report:

"By the last feed station with 9 kilometers left I had my doubts, but the Swedish chocolate they served and warm blueberry soup gave me a boost. Skiing into the town of Mora with the streets lined with people cheering was unbelievable! I put on my best show for the last 100 meters to look fresh, but in reality, I was beyond tired, extremely happy to be done, and very anxious to take off my skis. I was right on with thinking I could finish in seven hours and finished in a respectable 4501st place in 6:59:04! It was great to meet my target time, thanks to workouts back home on the Concept2 SkiErg."



*Just a few of the nearly 15,000 skiers who raced in the Vasaloppet!*

## INTRODUCING INDOOR BIATHLON

Indoor rowing has been accepted as a sport of its own, at least among those tens of thousands who have participated in one of the many indoor rowing races held around the world. And indoor skiing? Well, the first Concept2 SkiErg Sprints was held last November and close to 400 people participated, so that's a good start.

But indoor biathlon? How does that work and does it have a future?



For starters, we are referring to the Olympic sport of Biathlon, which combines Nordic skiing and rifle marksmanship. Biathletes ski as fast as they can and then enter the shooting range to shoot at five targets 50 meters away. It's a unique athletic challenge to be able to combine aerobic fitness with the mental concentration and discipline required to shoot straight under heart-pounding stress. Members of the Concept2 family have been competing in biathlon for quite a few years, so it didn't take long to try indoor biathlon. The Concept2 SkiErg provides the aerobic challenge; laser rifles are used for safe indoor shooting.

The U.S. Biathlon Association is interested in indoor biathlon as a great way to introduce their sport to many more people, without requiring an outdoor range, snow, skis or the use of real biathlon rifles. In fact, during the winter Olympics in Vancouver, B.C., Concept2 partnered with them to demonstrate indoor biathlon to the media.

Indoor biathlon will certainly add a new dimension to a workout—whether with a Concept2 SkiErg or indoor rower and a laser rifle. Alternating cardiovascular work with shooting offers a unique challenge. Stay tuned for future updates.

Visit [concept2.com/ski](http://concept2.com/ski) for more details on the Concept2 SkiErg.



## THE CONCEPT2 SKIERG IS NOT JUST FOR SKIERS

"The Concept2 SkiErgs are great for rehab as the guys are able to work the core stability problems and strengthen the area without stressing with the rowing motion. They also work the legs, not the way stairs or rowing ergs do, but if you were to do explosive standing squats for 10, 20 or 30 minutes you would definitely feel the burn."

*From a collegiate rowing coach*

"As a triathlete and personal trainer I'm in love with the Concept2 SkiErg! It's awesome to have a piece of equipment where I can get cardio while using my upper body and core. The erg is AWESOME for triathlon training due to it mimicking the finish on the swim stroke and it helps to increase my upper body muscular endurance."

*From a health club instructor & triathlete*

The US Paralympic Sled Hockey team got its first taste of using the Concept2 SkiErg for training when one of the team captains, Taylor Chace, from the University of New Hampshire was exposed to them at the university fitness rooms. Taylor brought his enthusiasm for the Concept2 SkiErg to the rest of the team when they gathered for a pre-Paralympics training camp January 25 through February 20.

The Concept2 SkiErg nicely approximates the specific motions to sled hockey (also known as sledge hockey in Canada), and the athletes didn't want to be without them in Vancouver, so they arranged to have two in their locker room in Vancouver for warm-ups before games. General Manager JJ O'Connor commented, "The Concept2 SkiErg provided an unbelievable workout that was a very realistic simulation of the on-ice motion of propelling on the sled. It definitely gave us an advantage."

The US Paralympic Sled Hockey team took the gold medal at the 2010 Paralympics in Vancouver, Canada, beating Japan 2-0.



## THE CONCEPT2 SKIERG TECHNIQUE TIPS

Skiers and non-skiers alike will get more from Concept2 SkiErg workouts if they remember a few important tips. Here are three keys to efficient use of the Concept2 SkiErg:

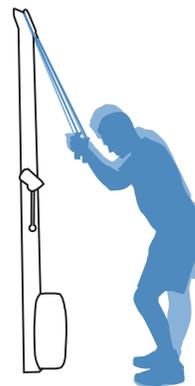
### USE YOUR LEGS

#### More efficient:

The legs should bend and straighten, lowering and then raising your body weight with every pull. Some skiers get extra power by coming up on the balls of their feet as they start the pull. After an all-out effort, your legs will feel like jelly!

#### Less efficient:

Keep your legs straight throughout the drive.



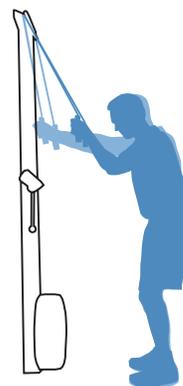
### KEEP THE WORK CLOSE TO YOUR BODY

#### More efficient:

As you start the stroke, you should have a comfortable bend in the arms. This keeps the work closer to your body and shifts the load from "just arms" to "arms and core." By engaging the core muscles early in the stroke, you are able to put more power into your pull without being limited by arm strength, and you benefit from a great core workout.

#### Less efficient:

Keep arms outstretched for less involvement of the core.



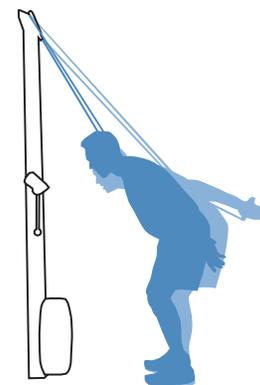
### AVOID PULLING THROUGH TOO FAR

#### More efficient:

Keep the pull-through from getting too long by stopping your hands at your thighs. This makes it easier to get your arms back up for the next pull and enables you to maintain a faster tempo.

#### Less efficient:

Extending the arms way back at the finish makes it harder to get your arms back up for the next pull.



## VIRTUAL TEAMS WITH REAL RESULTS

What makes a team a “team?” Does it require rowing side-by-side or face-to-face communication? Virtual teams who join Concept2 challenges do not row together in the same physical space; they connect online. Our virtual teams continue to amaze us with their shared goals, coordination, and support for one another, proving that “team” is a state of mind.

Over the years, many teams have jumped offline to meet face-to-face, cementing the relationships that span cities, countries and continents. Most recently, the Free Spirits Virtual Team met at the 2010 C.R.A.S.H.-B. Sprints to cheer each other on, row to personal bests, and share a glass of wine.

A new “Tweet Crew” who met on the popular social networking site, Twitter, entered the World Rowing Challenge this year. Sharing your latest workouts with friends through technologies such as Twitter, the Concept2 Facebook application, or the Concept2 Online Logbook can help keep you motivated and accountable. Under “Profile” in the logbook you can also add training partners to share and compare workouts.

Want to join a virtual team? Visit the “Virtual Team Challenge” section of the Concept2 Forum to find a team that matches your goals and interests. Joining a team and a challenge can be a great way to jumpstart your goals. There are teams structured around similar goals, ages and interests. Or feel free to create your own!



Members of the Free Spirits Virtual Team meeting for the first time at the C.R.A.S.H.-B.s in Boston. Front row l. to r.: Dave McOnie (CAN), Ann Seidman (USA), Gaye McOnie, Odd Geir Aarrestad (NOR) Back row l. to r.: Dave Plumb (GBR), Peter Seidman, Philip & Hazel Price (AUS), Olaf Ellefsen (NOR), Peter Weiss (GER).



### ANNUAL HOLIDAY CHALLENGE RAISES NEARLY \$30,000

For the second year in a row, Concept2’s annual Holiday Challenge was a fundraising effort, as well as a meter-accumulating effort. After all, why not put all those hard-earned meters to good use?

Here’s how it worked: the challenge was to complete either 100K or 200K between Thanksgiving and Christmas on the Concept2 Indoor Rower or SkiErg. Participants who completed either goal were given the option of converting their meters to donations to their choice of one of four organizations—Oxfam International, Slow Food USA, Feeding America and the Center for an Agricultural Economy. These organizations all share the mission of making sure that no one goes hungry and our food supply is sustainable.

More than 2000 people participated, amassing a combined 1,200,230,946 meters, and raising a total of \$27,944.36!

Thanks to all participants for helping to make this group effort such a success. We expect to offer a fundraising option for the next Holiday Challenge so look for updates in 2010.

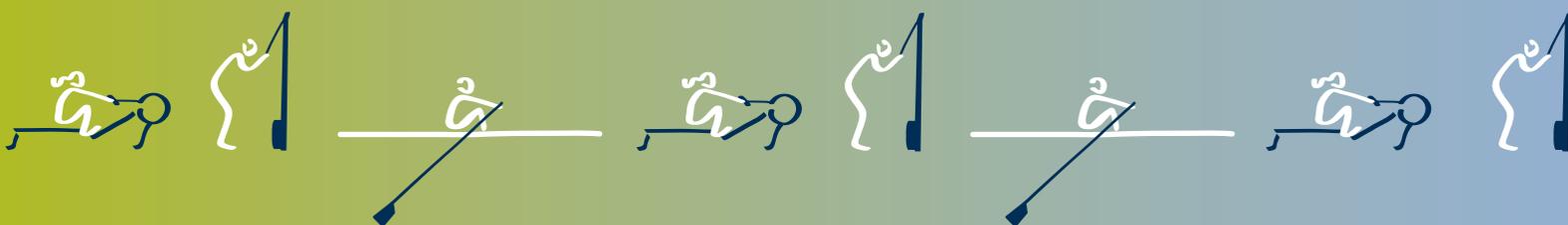


## SUMMER CHALLENGES FOR FUN AND MOTIVATION

### SUMMER SWEEPS

- Row or ski 5000 meters as many days as you can during the months of June, July and August.
- On ten randomly selected days throughout the months of June, July and August we will draw a winner's name from everyone who rows or skis at least 5000 meters that day.
- Meters must be entered online.
- This is an individual challenge. (You do not need to belong to a team to participate.)
- Indoor rower, on water, Concept2 SkiErg, and on snow meters count.

Prizes: Keep your online logbooks current to be included in the drawings! Winners' names will be posted on the Summer Sweeps Winners page. The more days you row or ski at least 5000 meters, the more chances you'll have to win a T-shirt or rowing shorts!



### CONCEPT2 SKIERG LOPPET

July 1-31

- Using the Concept2 SkiErg, ski at least 100,000 meters during the month of July and enter your meters in your online logbook.
- This is an individual challenge. (You do not need to belong to a team to participate.)
- Meters must be entered online.
- Concept2 SkiErg meters only.

### DOG DAYS OF SUMMER CHALLENGE

We've heard there is interest in another summer challenge, so we've come up with a new challenge for August. The goal is to provide incentive and motivation to begin building up your rowing or skiing distance in the last part of the summer in preparation for indoor training in the fall. We know there are lots of other activities to choose from in the summer, so the goal is not a huge distance, but a gradual increase in total meters from week to week.

To meet this new challenge, you will need to row or ski the following weekly distances for a total of 140K for the month of August:

Week 1: 20K • Week 2: 30K • Week 3: 40K • Week 4: 50K

All those achieving the weekly goal will be added to the Honor Board. There will be an overall Honor Board for those who complete the full four weeks of the challenge.

Participants who complete the Concept2 SkiErg Loppet and the Dog Days of Summer Challenge can enjoy:

- Name inclusion on the Challenge Honor Board
- A specially designed downloadable certificate.
- The option to purchase commemorative challenge items from Café Press (US and Canada only).

Anyone with an online logbook at [concept2.com/logbook](http://concept2.com/logbook) can participate in these challenges. For a complete list of our challenges, visit [concept2.com/challenges](http://concept2.com/challenges).



## THE OXFORD AND CAMBRIDGE BOAT RACE



Peter Spurrier

Cambridge comes from behind to win over Oxford in the 156th Boat Race on April 13.

by Chris Wilson

The Oxford and Cambridge Boat Race in England is more than a long standing rivalry of two university crews. When the press shines its spotlight on the annual regatta that happens in dreary April on the Thames, there is an emphasis on tradition, the spectator activity, the who's who in the crews, and the tidal stretch of the river. These elements of the event are noteworthy, of course, but it is the grueling nature of the race and the single-mindedness of the task that sets the race apart from the more familiar university races that happen on spring weekends all across the United States.

Here at Concept2, there is always strong interest in weekend racing results. This year, however, we watched the Boat Race with an even more careful eye. What made this year different? Of course, we were thrilled to see a talented spattering of Americans and Canadians in both crews, but we were interested in the equipment match up. When the oarsman grabbed their tools of propulsion, each took hold of a different type of Concept2 oar.

The Oxford crew worked with the traditional Big Blade55 with wooden handles, oars they have used successfully to defeat Cambridge in seven out of the most recent eleven races. Cambridge grabbed hold of the most recent blade innovation, adjustable length Fat2 Smoothie Blades. Tradition runs deep in these crews, but the Cambridge Blues embraced their new equipment with conviction and confirmed Coach Chris Nilsson's choice of oar.

Did the blades make a difference? The oarsmen believe they were certainly one part of the successful "build-up" to a come-from-behind victory for the Cambridge Crew. Cambridge won the 156th Boat Race by 1 1/3 lengths in a time of 17 minutes 35 seconds.



## HOP IN A BOAT

Ever thought about getting off your rowing machine and into a rowing shell? Now is the time. The 9th annual National Learn to Row Day is Saturday, June 5, 2010.

Since 2002, USRowing and Concept2 have sponsored National Learn to Row Day, to help people "get their feet wet" and experience the exhilaration of rowing on the water. Learn to Row Day activities vary from club to club and may include:

- Rowing demos with coaching on the Concept2 Indoor Rower.
- Rowing lessons in indoor rowing "tanks" or on outdoor teaching stations such as dock-boxes or barges.
- On-water rowing lessons (where available).
- Open houses and informational sessions.



If you are interested in participating, either as an individual or a host club, visit the EVENTS section of the USRowing website at [usrowing.org](http://usrowing.org).

Another way to try rowing is to attend a rowing camp. Depending on the camp, you may even be able to bring the whole family. Go to [concept2.com/camps](http://concept2.com/camps) for a list of rowing camps. You'll be able to read all about camp offerings and get the information you need to make the best choice.



## PM TECH TIPS

### TOP TEN REASONS TO USE A LOGCARD

The PM3 and PM4 come with a removable LogCard that stores workout data and personal preferences. It's a handy way to keep track of your workout data. Here are some reasons to use a LogCard and get the most out of your meters!

1. Save all your workout data in one place.
2. Take your favorite workouts with you when you use other Concept2 Indoor Rowers or Concept2 SkiErgs with a PM3 or PM4.
3. Repeat your best workouts with a touch of a button.
4. Eliminate the risk of forgetting to record your meters and times.
5. Use the Concept2 Utility software to upload your workouts to your online log at [concept2.com/logbook](http://concept2.com/logbook). No hand keying needed. (You can also download workouts to a spreadsheet.)
6. Track your total and monthly meters.
7. Share your LogCard with up to five users.
8. View your average calories burned per hour.
9. Take it with you when you travel—it fits in your wallet.
10. With the LogCard, every meter is counted!



### DON'T FORGET TO UPDATE YOUR FIRMWARE

We continuously enhance and improve the Performance Monitor software and routinely offer updates that can be downloaded into your PM. Updating your firmware is recommended for best performance. It's easy and it's free! Visit [concept2.com/firmware](http://concept2.com/firmware) for complete details.

### GOT A PM QUESTION?

We're always updating our online service pages—from offering troubleshooting tips to giving advice on how to get the most out of your PM. We encourage you to visit [concept2.com/pm](http://concept2.com/pm) for the latest and greatest information.



## CROSSFIT AND CONCEPT2

Our friends at CrossFit, the strength and conditioning program ([crossfit.com](http://crossfit.com)), continue to be at the forefront of creative and effective use of Concept2 machines—both the Concept2 Indoor Rower and the Concept2 SkiErg. CrossFitters like our machines because they provide a level of functional fitness—the basis of their fitness regimen—as well as a way to measure performance for tracking improvement. Here are some of the ways they are making the most of our products:

- Concept2 Indoor Rowers are being used in annual CrossFit competitions, starting with Sectional events from which qualifiers move on to Regionals. The best of the best go to the national CrossFit Games!
- A CrossFit affiliate in Canada used our indoor racing software to run a competition. They were really excited about the ability to turn their 300-person event into a true spectator event.
- Several CrossFit gyms have tried indoor biathlon, using Concept2 SkiErgs and laser biathlon rifles, and they're hooked! The challenge of shooting straight after maximum exertion fits well with the CrossFit credo of functional fitness. We expect to see some good biathletes emerge from this collaboration.
- Both the indoor rower and the Concept2 SkiErg are frequently found in the CrossFit WOD (Workout of the Day) which is posted daily at [crossfit.com](http://crossfit.com). A more endurance-oriented WOD is posted at [crossfitendurance.com](http://crossfitendurance.com). These workouts are free and are a great resource for new ideas that are easy to incorporate in your home gym.

## A YEAR OF FITNESS

To improve your fitness, you need to challenge yourself. In other words, you need to go longer or harder. There's been some recent intriguing research that suggests that harder effort may actually be better than longer effort, at least when it comes to improved cardiovascular health. On the other hand, long workouts are still a great way to improve endurance and burn calories, and give you a sound platform upon which to add your intensity. So, it seems wise to follow a training plan that includes both kinds of challenges, but not necessarily both in the same workout.

With this in mind, we offer a year's cycle of training divided into blocks of different emphasis—some will focus on volume while others will focus on intensity. To add motivation, we've built this training plan around the annual calendar of Concept2 online challenges, so your participation in the challenges will help keep you on track.

Here are some examples of the three general types of workouts that will be incorporated into this plan.

### INTENSITY WORKOUTS

Choose from these interval workouts or make up your own variations. The important thing is to alternate intense bouts of rowing or skiing with periods of rest (rest = slow, easy rowing or skiing).

- 5 x 500 meters hard with 2 minutes rest
- 4 x 4 minutes (or 1000 meters) hard with 2–3 minutes rest
- 8 x 20 seconds hard with 10 seconds rest (also called a "Tabata" in CrossFit)
- 4 x 1:40 hard with :20 rest; take a break of several minutes, then repeat
- 10 x 1 minute hard, 1 minute rest

### INTENSITY MAINTENANCE WORKOUTS (I.M.)

Here are some ways that you can add a bit of intensity to a long steady workout:

- Every 500 meters do 20 strokes harder
- Every 5 minutes do 20–30 seconds harder
- Toward the end of your long workout, do a set of five 10–15 stroke bursts with 10 strokes easy in between
- Add a smattering of ten stroke bursts whenever you feel like it!

### VOLUME WORKOUTS

Volume workouts can be as simple as a long steady piece—as long as your favorite TV show, or for as long as you have time. If you prefer volume with a little structure, here are some ideas:

- 10-minute pieces with 2–3 minute breaks in between. Aim for at least three of these; more if you have time.
- Alternate between 3 minutes at a lower stroke rate (22–24 spm) and 2 minutes at a higher stroke rate (25–28 spm) for a total of 30 minutes.
- Alternate 1000 meters at a moderate pace with 500 meters at an easy pace, continuing until you've covered your desired distance.
- Row 4000 meters moderate, 500 meters easy, 3000 meters moderate, 500 meters easy, 2000 meters moderate, and so on, varying your starting and ending distance to get the workout length you desire.



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■ Intensity Maintenance (I.M.)  
■ Volume

For details on all Challenges, see [concept2.com/challenges](http://concept2.com/challenges).

	TRAINING FOCUS	TARGET # OF WORKOUTS PER WEEK OF EACH TYPE	SUGGESTIONS
JUNE	Building volume, then starting to add intensity	Volume: 2-4 Intensity: 1 later in month Intensity Maintenance: 1-2	Get back into rowing or skiing after a bit of a break in May. You will gradually build the length and intensity of your workouts so you're ready to row or ski the Summer Solstice Challenge: 21K on June 21.
JULY	Volume & Intensity	Volume: 2-4 Intensity: 2 I.M.: 0	Maintain volume while adding intensity. Every day that you row or ski at least 5K, you'll be entered into the Summer Sweeps drawing for the chance to win prizes.
AUGUST	Volume	Volume: 2-4 Intensity: 1 I.M.: 1	Shift the emphasis back to volume and gradually increase volume throughout the month. Our new August challenge will provide the incentive.
SEPT	Volume & Intensity Maintenance	Volume: 2-3 Intensity: 0 I.M.: 2-3	Optional team challenge: Fall Rowing Challenge, Sept. 15-Oct. 15. If you have access to a fitness club, join their team, or help them start a team, to provide camaraderie for this challenge as you increase volume.
OCT	Volume	Volume: 2-4 Intensity: 2-3 later in month I.M.: 1-2	Keep pushing the volume until the Skeleton Crew Challenge when the focus will switch back to intensity.
NOV	Intensity	Volume: 2-3 Intensity: 2-3 I.M.: 0	Continue the intensity work until the Holiday Challenge starts, and then switch to volume.
DEC	Volume	Volume: 3-4 Intensity: 0 I.M.: 1-2	Continue the volume with the Holiday Challenge. Fend off holiday stress, and enjoy your holiday festivities, knowing that you are working off the excess calories.
JAN	Intensity	Volume: 2-3 Intensity: 2 I.M.: 1	If you plan to race in an indoor rowing race during the winter, include a few 2K time trials to home in on your race pace. Optional: January Virtual Challenge. Join a virtual team.
FEB	Intensity & Volume	Volume: 2-3 Intensity: 2 I.M.: 1	Final prep for indoor racing—and then the racing itself! Be sure to taper off the work load several days before you race!
MARCH	Volume	Volume: 2-3 Intensity: 0 I.M.: 2-3	Begin to rebuild volume once you have recovered from your 2k racing. Optional team challenge: World Rowing Challenge, March 15-April 15. Join a real club or a virtual team.
APRIL	Volume	Volume: 3-4 Intensity: 0 I.M.: 2	Decide whether you will try for a half marathon (21,097 meters) or a full marathon (42,195 meters) in April and begin to work toward the distance of your choice.
MAY	Recovery	Volume: 1-2 Intensity: 0 I.M.: 1-2	Garden, walk, bike to work. Row or ski a couple times a week or more—but be sure to give yourself a break before you begin working out at the end of the month!



## CONCEPT2 SKIERG

The Concept2 SkiErg is a Nordic skiing ergometer and training tool. Similar to the Concept2 Indoor Rower, the Concept2 SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic motion. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities.

Just like the indoor rower, the Concept2 SkiErg features:

- A Performance Monitor (either PM3 or PM4) that allows you to accurately assess your output, monitor your progress, and compare your scores with others
- Air-resistance flywheel—the harder you pull the more resistance you feel

PN 2700-US Wall Mounted with PM3 \$730 plus shipping

PN 2702-US Wall Mounted with PM4 \$880 plus shipping

PN 2710-US Optional Floor Stand \$200 plus shipping



**Note:** Concept2 SkiErg shown with Optional Floor Stand

# C2 GOODS & GADGETS



## MONITOR YOUR HEART RATE

The Performance Monitors PM2, PM3 and PM4 will display your heart rate if you use one of the following compatible heart rate options:

**Polar™** To display your heart rate on the PM2, PM3 or PM4, you need a Polar Chest Belt and an external Receiver and Cable to connect to the PM (all available at right). We also offer the Polar FT40 for those who want to monitor heart rate during activities besides rowing or skiing, or take advantage of the additional functions provided by Polar. Learn more about the FT40 at [polarusa.com](http://polarusa.com).

**Suunto™** The PM4 is compatible with Suunto technology, which offers wireless transmission from the Suunto chest belt to the PM4 display. A Suunto chest belt is provided with every PM4, and no external receiver or cable is required! We also offer the Suunto t3 for those who want to monitor heart rate during activities besides rowing or skiing, or take advantage of the additional functions provided by Suunto. Learn more about the t3 at [suunto.com](http://suunto.com).

### Heart Rate Receiver and Cable

PN 1862  
\$25  
plus shipping  
(For those who already have a Polar chest belt.)



### Polar FT40 Wristwatch and Chest Belt

PN 2488 \$159.95 plus shipping  
(You will also need PN 1862 to see heart rate on your PM2, PM3, or PM4.)



### Polar Chest Belt, Heart Rate Receiver and Cable

PN 1747  
\$75  
plus shipping



### Suunto t3 Wristwatch and Chest Belt

PN 2497 \$149 plus shipping



If you are unsure of which option is best for you, please visit [concept2.com](http://concept2.com) or call 800.245.5676.

Most products (excluding oars) can be ordered online at [concept2.com](http://concept2.com) or by calling 800.245.5676 (U.S. & Canada) or 802.888.6333 (Int'l. only).



### MODEL E INDOOR ROWER

The Model E Indoor Rower features a rugged double-coated frame, a rechargeable battery pack and a nickel-plated chain, all of which make it even more low-maintenance than the Model D. It stands 6" higher off the floor, putting the seat at normal chair height for easier access.

The PM4 monitor (standard on the Model E) makes rowing more fun with onboard games, wireless heart rate monitoring and racing capabilities. The PM4 supports both Polar™ and Suunto™ Heart Rate technology. Suunto heart rate belt included.

PN 1997-US with PM4 \$1260 plus shipping



### MODEL D INDOOR ROWER

The Model D Indoor Rower includes an updated footboard design, caster wheels, and instant latching mechanism. The PM3 monitor is standard on the Model D. A PM upgrade is also available. The Model D requires minimal maintenance and is built to withstand heavy use.

PN 1990-US with PM3 \$900 plus shipping

PN 1992-US with PM4 \$1050 plus shipping



### DREISSIGACKER OARS

Sweeps and sculls are made of fiberglass and carbon fiber so they are lightweight and strong. Every oar is made to customer specifications. Visit [concept2.com/oars](http://concept2.com/oars) for more information. Please call us to place an order. Oars cannot be ordered online.



### CLOTHING

See our complete line of shirts and shorts at [concept2.com](http://concept2.com).

- » T-shirts Short-sleeved, cotton \$16.75-\$19.00
- » Performance Shirt Short-sleeved, dri-release® \$26.00
- » Performance Shirt Long-sleeved, Coolmax® \$45.00
- » Rowing Shorts Polypropylene/Spandex \$47.00
- » Rowing Shorts Cotton/Lycra \$29.00

### ACCESSORIES

More accessories for your indoor rower are available including:

- » AC adapters for Performance Monitor (PM1, PM3 and PM4)
- » Indoor Rower Cover
- » LogCard
- » Footstraps
- » Maintenance Kits

### RETROFITS

- » Caster Wheels
- » Model D Retrofit Handle
- » Flexfoot™ Retrofit Kit
- » PM4 Retrofit Kit



**Note:** Indoor rower purchased separately.

### CONCEPT2 SLIDE

Feel the sensation of floating on the indoor rower. One pair of Slides is required to float a single indoor rower. Link two indoor rowers together with a pair of Slides plus a spare Slide to simulate a "double" for team training.

- PN 1800 (pair) \$290 plus shipping
- PN 1800S (spare) \$155 plus shipping
- 3 or more pairs \$260/pair plus shipping

Go to [concept2.com/slide](http://concept2.com/slide) to view Slides in use.

For shipping outside the U.S. call Concept2. All prices are shown in U.S. dollars and are subject to change without notice.

## CONCEPT2 EMPLOYEE PROFILE

## CATCH UP ON OLD NEWS

### GLENN DWYER

by Will Spalding



Following his graduation from Boston College with a bachelor's degree in finance, Glenn Dwyer came north to Vermont to satisfy his craving for alpine skiing. After nine years in the ski business, one being the retail operations manager at nearby Stowe Mountain Resort, Glenn was ready for a career change. In August of 1999 he joined the Concept2 accounting team. Very soon, Glenn was

taking on purchasing tasks in addition to his accounting responsibilities. Over time, Glenn transitioned to the purchasing team and is now director of purchasing.

Today, Glenn oversees all aspects of procurement for Concept2's various product lines. With over 100 vendors and 1200 products and parts to manage, there are continuous opportunities to refine replenishment strategies and enhance supplier relationships. Glenn incorporates lean manufacturing principles into our supply chain and particularly enjoys collaborating on cost savings projects with his coworkers.

Glenn considers Concept2 his secondary family. He enjoys working and socializing with his many colleagues here. When not at work, besides skiing and hockey, Glenn likes to play golf and ride motorcycles. As an avid Boston sports fan (Go BC Eagles!) he has stayed true to his Scituate, Massachusetts roots. Thankfully, he points out, he has a very understanding wife.

Glenn is active in the Morrisville community where he lives and works. He has volunteered as a driver for Meals-On-Wheels, as a wood splitter and deliverer for the United Way firewood project, and as an instructor for the local public school alpine ski program. Glenn and his wife, Heidi, live with their 11-year-old daughter in a classic Victorian-era work-in-progress house in the village of Morrisville.



As you know, our Update newsletter is full of all kinds of useful information including training tips, new workouts and motivational challenges, success stories and product information. Reading it is a great way to stay motivated and keep up with Concept2 news.

We have nearly a decade's worth of Update newsletters available online for viewing or downloading—that's 18 full issues! There's a lot of great stuff packed into these issues, so why not check them out at [concept2.com/update](http://concept2.com/update). We also have a limited supply of back issues in hard copy format available, so give us a call if you would like to order some.



### NEW VIDEOS ON CONCEPT2.COM

We continue to add instructional videos to our website. The latest additions are:

**Getting Started:** This video provides new rowers the information they need to get off to a comfortable and effective start with their rowing. Even if you're an experienced rower, you might learn something new!

**Rowing on Slides:** Curious about the Concept2 Slides? What are they? How do they work? Why would you want to use them? And most of all, what does it feel like to row on them? Our video addresses these topics and more.

To view the videos, visit [concept2.com/update](http://concept2.com/update).