

The Essential
2K ERG TESTING
CHECKLIST

TO GO FAST ON RACE DAY



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PR-ing on an erg test is an amazing feeling.

The best, really.

When you feel dialed in and ready to go -- then execute an excellent piece and get a PR, it's like you're on top of the world. You can do no wrong!

And because you're a rower, you know exactly how much hard work a PR requires.

Day in and day out, you're at the boathouse, pushing your body to its limits, challenging yourself, and trying to learn this totally unnatural body motion we call "the rowing stroke."

I remember for the first, oh, 5 years of my rowing career I could not for the life of me figure out what "backing the blade in" meant. I also had no real idea what being prepared for a 2k meant. I honestly didn't even think there was a strategy to it. You kinda just show up to the boathouse and go for it, right?

Oh, how much this sport can teach us, am I right?

**After 15 years of competing from the high school level all the way up to the Olympic level, I learned a whole lot about how to be prepared for a 2k. Turns out "showing up and going for it" is
not the best way to approach it...**

I might not be competing anymore, but I feel lucky to say that I help rowers across the country get faster on their 2k's. It's a responsibility I don't take lightly. It starts here, with YOU.

One thing I'll say before we dive in: some of these will be like, "umm, duh, Kristin. Of course you gotta pack your bag before going to the 2k." But remember that on testing day, everything feels different.

Nerves make us do weird things, like forget the most basic tasks; the things we'd never normally forget for practice.

If you've ever taken a 2k without socks, you know how brutally painful that lesson can be (speaking from experience here!).

So here we go, a checklist you can use to be over-prepared for your next test. I hope this gives you a sense of calm as you head into your next 2k. Cuz we all know how stressful race day is already!

Go fast,

Kristin

The essential

2K ERG TESTING CHECKLIST

ONE WEEK BEFORE

WHAT TO DO

- Set a specific goal. You'll want to know the exact average split you're going for.
- Make a plan, including what kind of start you'll do, how you'll pace each 500, and when you'll take your moves.
- If you're planning to listen to music, make your playlist.

THE DAY BEFORE

WHAT TO DO

- Nail down your timeline. When will you arrive at the boathouse? What time will you start your warm-up? Plan it all out, my friend. Ideally on a piece of paper. I always liked to do a 10 minute warm-up run, then be on the erg 30 minutes before the start of the test. Build in time to go to the bathroom one last time, too.
- Decide on your food strategy. If your 2k is in the morning, what will you have beforehand? If it's in the afternoon, how will you fuel yourself throughout the day to maximize your result?
- Hydrate. Aim to drink at least half your body weight in ounces of water that day (and every day)

THE DAY BEFORE, CONT

WHAT TO DO

- Do two walk through pieces on the erg. Set your monitor for 2,000 meters and row it at steady state. Visualize each part of the 2k.
- Charge all your devices and double check that your playlist is ready to go
- Eat healthy carbohydrates for dinner the night before. Try not to eat anything out of the ordinary from what you normally eat.
- Limit screen time before bed
- Get a good night of sleep. If you're having anxiety about race day, a white noise app works wonders.

THE DAY OF

WHAT TO DO

- Expect to be nervous - it's normal and it means you care!
- Pack your bag early. Remember to pack your butt pad, snacks, your water bottle, and your headphones. Lay out your uni, tank top, sports bra, long sleeve, socks, and shoes.
- Go through your race plan that morning. Revisit how you'll attack each part of the piece.
- Hydrate well.
- Arrive early.
- Have your music ready. You don't want to be the person fumbling with her headphones last minute

WHAT TO DO

- Write down your result, including average split + rate for every 500.
- Cool down for at least 20 minutes
- Hydrate!
- Eat something within 20 min of finishing your cool-down.
- Before you move on from the test, assess how it went. What went well and what would you have done differently? What can you learn from it?

