

MWSculls.com

Sculling well is a lifelong pursuit.

Fitness Evaluation

Please fill your data into the table below and email back to me: mwsculls@gmail.com

Rower Name: _____

Date	Test	Wattage	500m	Meters	Time	Stroke
	30-Second Peak Power <i>Peak Power</i>				0:030	
	75-Minute Row <i>Aerobic Threshold</i>				75:00	
	1000-Meter Row <i>VO2 Max</i>			1000		
	20-Minute Row <i>Anaerobic Threshold</i>				20:00	

Notes: