rowsandall.com

**FREE DATA AND ANALYSIS.
FOR ROWERS. BY ROWERS.**

THERE IS NO SHORTAGE OF TRAINING ADVICE FOR ROWERS.

"Train more"
"Avoid the black hole"
"Train like the Danes"
"Avoid junk metres"

What works for one rower might not work for another.
So what can you do?

plan execute measure adjust repeat

Devices and apps can provide instant feedback to help rowers train to speed, power, rate, and heart rate, but real time feedback has limitations. You can only concentrate on one or two numbers while you row. How do you track improvements from session to session? How do you know if one element of your technique is falling apart when you are working on another? Devices and apps collect data, but there hasn't been a way to draw meaningful insights from it.

rowsandall.com fills the gap

- Easily upload data from the most popular devices and apps
- Maintain a consistent log of all your rowing (indoor and On The Water)
- Analyze your workouts with a consistent set of tools
- Compare your results between workouts and with other rowers
- See long term trends in your training plans

HOW MUCH IS IT?

BASIC: FREE

- User defined heart rate and power zones
- Synchronisation with major fitness sites. Download CSV and TCX files.
- Session summary, Session Summary Chart and Pie Charts
- Flexible charting of time, distance, stroke rate, power, heart rate
- Interval editor
- Ranking piece pace predictor

PRO: 15 €/YEAR

- All basic features
- Flexible charting of drive length, force, work per stroke, and Empower Oarlock data
- Workout power histogram
- Compare workouts
- Data fusion (from different sources)
- Calculate correlations and other statistical analysis
- Weather information
- Stroke power histogram
- And more ...
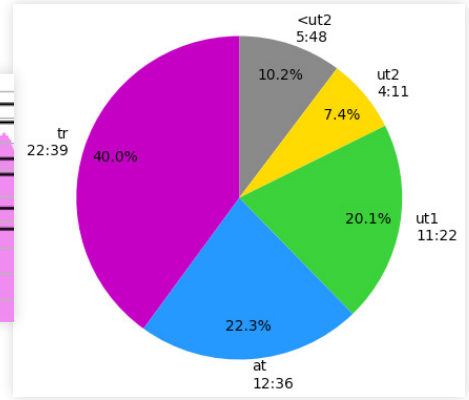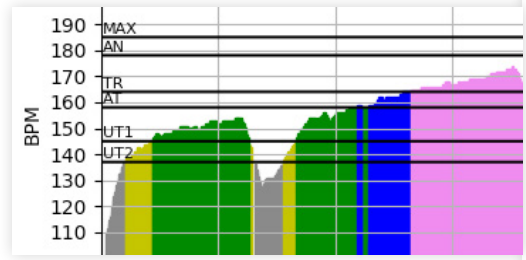
TEAM: PRICE DEPENDING ON TEAM SIZE

- All basic features
- All Pro features for Team manager
- Management of teams, workouts and line-ups
- See your team member's workouts and comment them
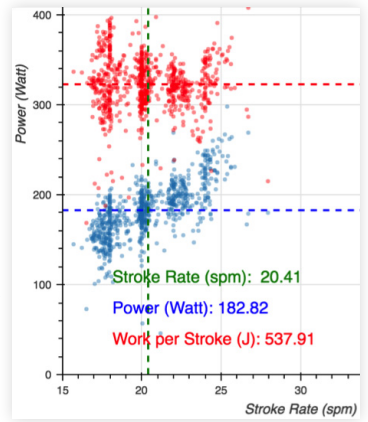- Compare workouts between team members
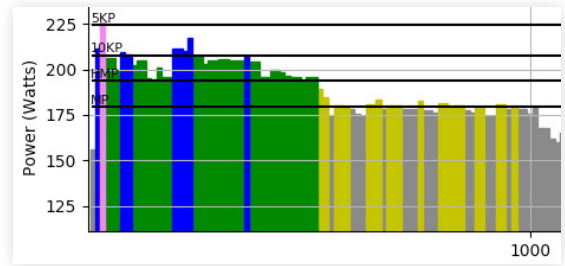
WHAT CAN IT DO?

COMPARE WORKOUTS
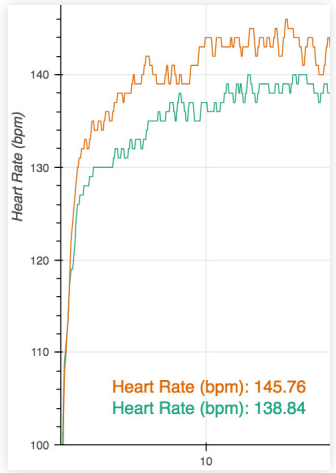
TRAIN USING HEART RATE ZONES

ANALYZE STROKE RATE AND EFFICIENCY

TRAIN WITH POWER ZONES

ROWSANDALL.COM SUPPORTS

DATA SHARING (CSV, TCX)

"*Sander has built amazing tools for self-coaching or working with a coach.*"

– AJ, Masters Rower

"*We are using it to improve our team for the National Team. It gives us lot of information.*"

– IP, U23 Lightweight Rower

"*I discovered rowsandall.com – which is brilliant.*"

– MN, Indoor rower

"*Thanks for your site I'm excited about using your site during my return to racing my single.*"

– DT, Competitive Master Rower

"*I just wanted to say that I absolutely love this website. I've been using my NK empower oarlock for about a month now, and I'm really excited to be able to better visualize my data.*"

– DD, High School Rower