

# Final Project

## Background

For workouts on the ergs, rowers have to pull, or generate, a given *split*, the amount of time it would take them to row 500 meters on ideal water conditions. Each rower's split is different, as it is a function of a) their fastest or most recent 500m erg test (you erg as fast and as hard as you can for 500m) time and b) the percentage of the piece, how much power application is expected for the workout.

Before beginning a workout, rowers identify the percentages for that piece and consult a pace guide to find their goal splits. The rows are a range of 500m erg test times, and the columns are percentages. For example, if my season best for a 500 is 1:47 and the workout calls for 60%-70% pressure, my goal is to maintain consistent splits between 2:29.8 and 2:19.1.

## Concept

I want to write an app to provide a more convenient, less cluttered alternative to the pace guide.

Often, rowers will not have their own copy of the pace guide during workouts on their own, and on occasions where coaches and coxswains need to reference the

pace guide quickly during a workout, it will be simpler to reference an app rather than a large chart. The app would also store rowers' most recent 500 times.


The user would select a rower, input the percentage(s) for the piece, and see the goal splits.

Pace guide

500m	95%	90%	85%	80%	75%	70%	65%	60%	55%
1:30	1:34.5	1:39	1:43.5	1:48	1:52.5	1:57	2:01.5	2:06	2:10.5
1:31	1:35.6	1:40.2	1:44.7	1:49.3	1:53.9	1:58.4	2:02.9	2:07.5	2:12
1:32	1:36.6	1:41.2	1:45.8	1:50.4	1:55	1:59.6	2:04.2	2:08.8	2:13.4
1:33	1:37.6	1:42.3	1:46.9	1:51.6	1:56.3	2:00.9	2:05.5	2:10.2	2:14.85
1:34	1:38.7	1:43.4	1:48.1	1:52.8	1:57.5	2:02.2	2:06.9	2:11.6	2:16.3
1:35	1:39.7	1:44.5	1:49.2	1:54	1:58.7	2:03.5	2:08.2	2:13	2:17.7
1:36	1:40.8	1:45.6	1:50.4	1:55.2	2:00	2:04.8	2:09.6	2:14.4	2:19.2
1:37	1:41.9	1:46.7	1:51.5	1:56.4	2:01.2	2:06.1	2:10.9	2:15.8	2:20.6
1:38	1:42.9	1:47.8	1:52.7	1:57.6	2:02.5	2:07.4	2:12.3	2:17.2	2:22.1
1:39	1:43.9	1:48.9	1:53.8	1:58.8	2:03.7	2:08.7	2:13.6	2:18.6	2:23.5
1:40	1:45	1:50	1:55	2:00	2:05	2:10	2:15	2:20	2:25
1:41	1:46.1	1:51.2	1:56.2	2:01.3	2:06.3	2:11.4	2:16.4	2:21.5	2:26.5
1:42	1:47.1	1:52.2	1:57.3	2:02.4	2:07.5	2:12.6	2:17.7	2:22.8	2:27.9
1:43	1:48.1	1:53.3	1:58.4	2:03.6	2:08.7	2:13.9	2:19	2:24.2	2:29.3
1:44	1:49.2	1:54.4	1:59.6	2:04.8	2:10	2:15.2	2:20.4	2:25.6	2:30.8
1:45	1:50.2	1:55.5	2:00.7	2:05.9	2:11.2	2:16.4	2:21.7	2:26.7	2:31.9
1:46	1:51.3	1:56.6	2:01.9	2:07.2	2:12.5	2:17.8	2:23.1	2:28.4	2:33.7
1:47	1:52.3	1:57.7	2:03	2:08.4	2:13.7	2:19.1	2:24.4	2:29.8	2:35.1
1:48	1:53.4	1:58.8	2:04.2	2:09.6	2:15	2:20.4	2:25.8	2:31.2	2:36.6
1:49	1:54.4	1:59.9	2:05.3	2:10.8	2:16.2	2:21.7	2:27.1	2:32.6	2:38
1:50	1:55.5	2:01	2:06.5	2:12	2:17.5	2:23	2:28.5	2:34	2:39.5
1:51	1:56.5	2:02.1	2:07.6	2:13.2	2:18.7	2:24.3	2:29.8	2:35.4	2:40.9
1:52	1:57.6	2:03.2	2:08.8	2:14.4	2:20	2:25.6	2:31.2	2:36.8	2:42.4
1:53	1:58.6	2:04.3	2:09.9	2:15.6	2:21.2	2:26.9	2:32.5	2:38.2	2:43.8
1:54	1:59.7	2:05.4	2:11.1	2:16.8	2:22.5	2:28.2	2:33.9	2:39.6	2:45.3
1:55	2:00.7	2:06.5	2:12.2	2:18	2:23.3	2:29.5	2:35.2	2:41	2:46.7
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1:59	2:04.9	2:10.9	2:16.8	2:22.8	2:28.7	2:34.7	2:40.6	2:46.6	2:52.5
2:00	2:06	2:12	2:18	2:24	2:30	2:36	2:42	2:48	2:54
2:01	2:07	2:13.1	2:19.1	2:25.2	2:31.2	2:37.3	2:43.3	2:49.4	2:55.4
2:02	2:08.1	2:14.2	2:20.3	2:26.4	2:32.5	2:38.6	2:44.7	2:50.8	2:56.9
2:03	2:09.1	2:15.3	2:21.4	2:27.6	2:33.7	2:39.9	2:46	2:52.2	2:58.3
2:04	2:10.2	2:16.4	2:22.6	2:28.8	2:35	2:41.2	2:47.4	2:53.6	2:59.8
2:05	2:11.2	2:17.5	2:23.7	2:30	2:36.2	2:42.5	2:48.7	2:55	3:01.2
2:06	2:12.3	2:18.6	2:24.9	2:31.2	2:37.5	2:43.8	2:50.1	2:56.4	3:02.7
2:07	2:13.3	2:19.7	2:26	2:32.4	2:38.7	2:45.1	2:51.4	2:57.8	3:04.1
2:08	2:14.4	2:20.8	2:27.2	2:33.6	2:40	2:46.4	2:52.8	2:59.2	3:05.6
2:09	2:15.4	2:21.9	2:28.3	2:34.8	2:41.2	2:47.7	2:54.1	3:00.6	3:07
2:10	2:16.5	2:23	2:29.5	2:36	2:42.5	2:49	2:55.5	3:02	3:08.5

Method

Pace guide



Rower: Karina B. ▼


Percentage: 65 to

☐ report by 5 ▼

Goal Splits

65	2:25.8
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Pace guide



500m: 1:47.9


Percentage: 65 to

☐ report by 5 ▼

Goal Splits

65	2:25.8
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Rowers



Rower: Karina B.

500m: 1:47.9

save

Name	500
Alexa F.	1:48.0
Clarice J.	2:09.1
Erin L.	1:45.2
Jess R.	1:52.8
Karina B.	1:48.5