

2k Pace Chart

Pace, watts and even-paced 500m targets for 2k times from 6:00 to 10:00

THE ROWING TUTOR

Find your target 2k time in the first column. Read across for the average pace to hold, the power that pace takes, and the time that should be on the clock at each 500m mark if you row it evenly.

The chart

The last four columns are elapsed time at each mark. Every 500m in an even-paced row takes the time shown under Pace.

2k time	Pace /500m	Watts	500m	1000m	1500m	2000m
6:00	1:30.00	480.1	1:30.00	3:00.00	4:30.00	6:00.00
6:15	1:33.75	424.8	1:33.75	3:07.50	4:41.25	6:15.00
6:30	1:37.50	377.6	1:37.50	3:15.00	4:52.50	6:30.00
6:45	1:41.25	337.2	1:41.25	3:22.50	5:03.75	6:45.00
7:00	1:45.00	302.3	1:45.00	3:30.00	5:15.00	7:00.00
7:15	1:48.75	272.1	1:48.75	3:37.50	5:26.25	7:15.00
7:30	1:52.50	245.8	1:52.50	3:45.00	5:37.50	7:30.00
7:45	1:56.25	222.8	1:56.25	3:52.50	5:48.75	7:45.00
8:00	2:00.00	202.5	2:00.00	4:00.00	6:00.00	8:00.00
8:15	2:03.75	184.7	2:03.75	4:07.50	6:11.25	8:15.00
8:30	2:07.50	168.9	2:07.50	4:15.00	6:22.50	8:30.00
8:45	2:11.25	154.8	2:11.25	4:22.50	6:33.75	8:45.00
9:00	2:15.00	142.3	2:15.00	4:30.00	6:45.00	9:00.00
9:15	2:18.75	131.0	2:18.75	4:37.50	6:56.25	9:15.00
9:30	2:22.50	121.0	2:22.50	4:45.00	7:07.50	9:30.00
9:45	2:26.25	111.9	2:26.25	4:52.50	7:18.75	9:45.00
10:00	2:30.00	103.7	2:30.00	5:00.00	7:30.00	10:00.00

How the numbers work

- **Pace:** 2k time in seconds $\div$ 4.
- **Watts:** $2.80 \div (\text{pace in seconds per metre})^3$, where pace per metre is pace /500m in seconds $\div$ 500. Watts are rounded to one decimal place.
- **Source of the formula:** Concept2 (concept2.com/training/watts-calculator).

Worked example: a 2k of 8:15

1. 8:15 is 495 seconds, and $495 \div 4 = 123.75$ seconds, which is 2:03.75/500m.
2. $123.75 \div 500 = 0.2475$ seconds per metre.
3. $2.80 \div 0.2475^3 = 184.7$ watts.

Using the chart

- **The monitor shows tenths.** A pace of 2:03.75 will read as 2:03.7 or 2:03.8.
- **Power rises faster than pace.** Going from an 8:00 to a 7:00 takes 302.3 watts rather than 202.5, which is about 49% more power for a 12.5% shorter time.
- **Even pacing is a reference, not a rule.** A sensible plan is to go no more than 2 seconds under target in the first 500m, sit on target to 1500m, then lift if you can.
- **Times between the rows:** use the two formulas above.
- **Other rowers:** the formula comes from Concept2, so watts and pace on other machines may not compare directly.

More free guides at therowingtutor.com.