

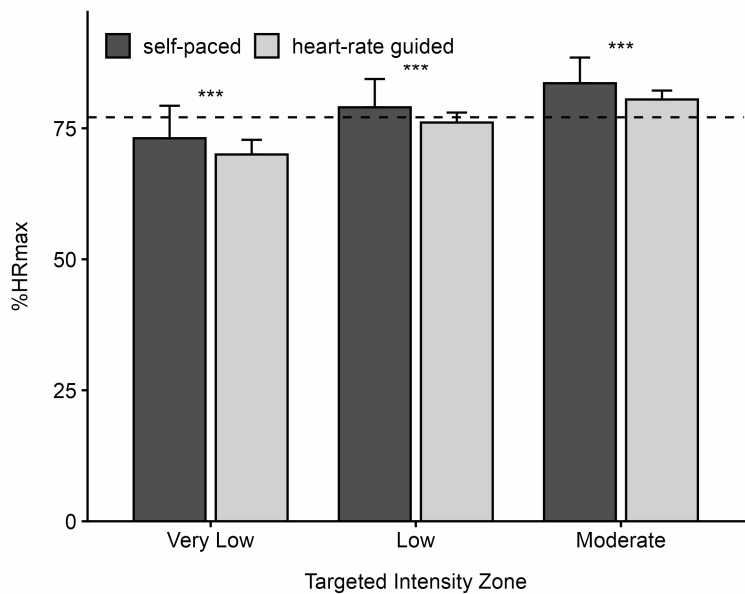


Figure 1. Mean percentage of maximal heart rate (%HRmax) during self-paced and heart-rate-guided on-water rowing at targeted VeryLow, Low, and Moderate training intensities (N = 15). Error bars represent SD. The dashed line indicates the mean group HRmax at LT1 ($77.1 \pm 5.0\%$).