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Rowing: An outline for Beginners

Michaelmas Term



Why Rowing

Students at Cambridge are busy people with lots of demands on their time.

- Rowing should therefore be an opportunity to learn something new
- Rowing can be a useful outlet for frustrations (a good stomp on the foot stretcher can be good for the soul)
- Gain fitness - a fit person is a healthy person
- Being respectful of the efforts of others and the equipment and environment you have access too
- It should be about doing your best
- Most importantly it should be about having FUN!

What's included

- Included here are a few components to help you deliver a successful training programme
- An outline of the stroke
- Some factors to consider when designing a training programme?
- An example of a basic programme

First Steps

- Introduction to the Stroke
 - How you should sit and set up the feet on the ergo
 - Rocking over using the pelvis
 - Pelvis stability using your core
 - Flexibility
- It is a POWER endurance sport.

Questions

Does my college have a style?

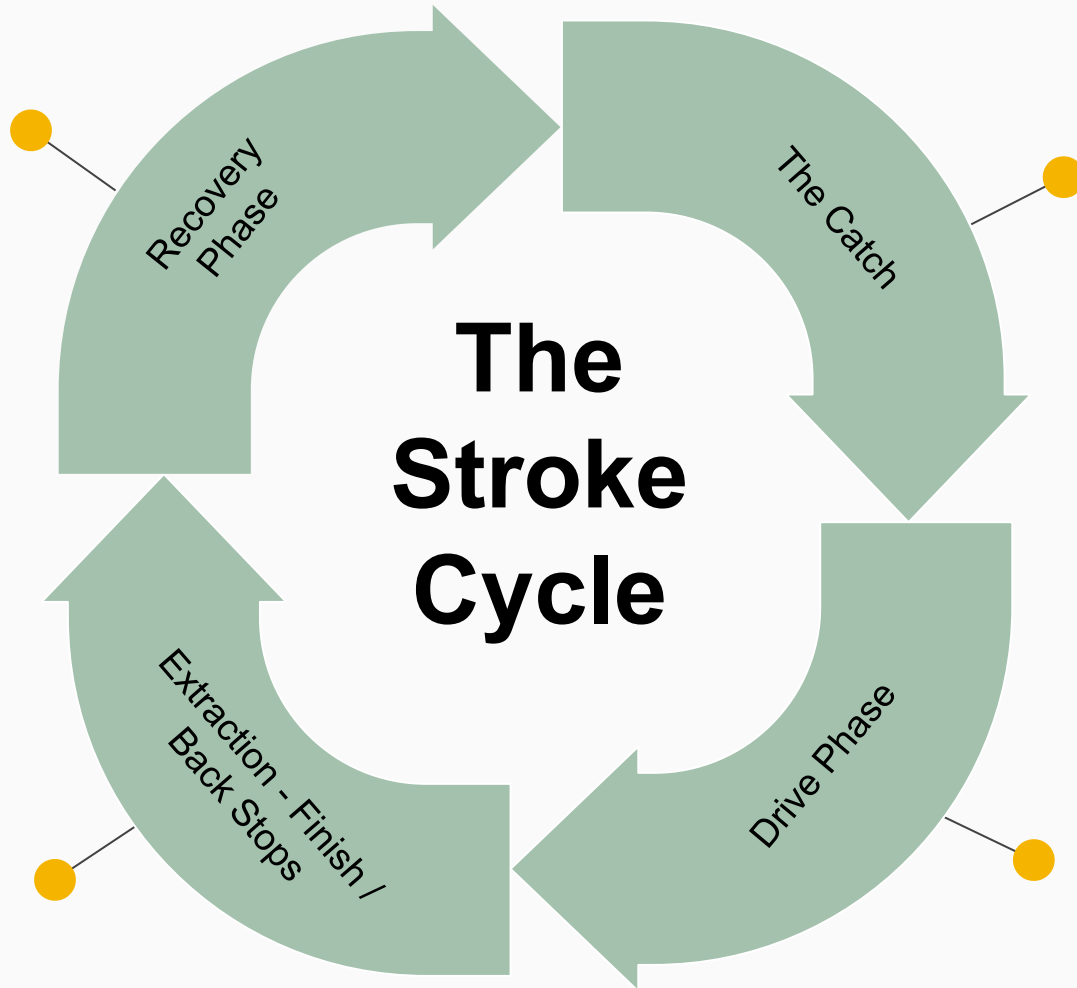
What do we want our foci to be?

Is the style easy to understand?

Do they look powerful for the whole stroke?

Do they look relaxed coming forward to the catch?

Who can i ask for help?



Drive Phase

- Pelvis is set at the catch
- Gluts are on
- Heels down
- Quads push when heels connect to footplate
- Hips open against legs after legs start pushing
 - Jump with the legs and hips (you can't push the legs hard enough in that last quarter of the drive).
- Use the arm draw to time the finish
- In the beginning there should be more work with the outside arm and the inside leg

Blade Extraction

also called:

Backstops or The Finish

- Be still with the body
 - Be strong in your Gluts
 - Keep pushing through the footplate, it will help you sit still
 - Move the hands away (don't throw them away) look for a speed that is close to the speed the handle came into body
 - As the arms straighten, swing the body so the handle speed remains constant
- Blade Extraction
 - Release pressure off the blade
 - Remove blade square from the water
 - Feather with inside hand - rolling the handle into the fingers of the hand - keep weight of arms and shoulders above handle

The Recovery Phase

A good recovery prepares you to land on the footstretcher to change direction with balance and power.

- Balance the Boat with the Handle (Be subtle with it)
- Rock from the Hips
 - The Back should maintain a solid shape (Strong Core / Trunk)
 - The Seat could move towards bow when you rock over
- Maintain Handle Speed
 - Especially through the middle of the recovery
- Square and place quickly and use the action of pushing the heels down to fill the spoon quickly
- Keep some weight consistently into the rigger at all times

The Catch

A Good Catch has a quick entry, fills the spoon and loses minimal length.

- Whether you allow gravity to assist the blades entry or lift using your hands the blade needs to enter the water quickly
- You need to have a strong posture when you apply pressure to the footplate
- The body needs to be still

Move the Body and move
yourself.....but Move the
Footplate and you Move the
Boat.



What are your resources?

Coaches

Commitment from your athletes

Land training

Conditioning (Weights, Circuits, Stretching)



Training Programme Outlines

This guidance is specific for those who are beginners

# of Sessions	Type of Sessions	Notes
4	2 skills (water), 1 endurance (Ergo) and 1 Conditioning	<ul style="list-style-type: none">• Have clear goals for each <u>skill</u> session<ul style="list-style-type: none">○ Maximise success rate by staying in pairs, fours and sixes.○ Only row all 8 for short bursts, no more than 5 strokes.○ Focus on distance per stroke.• Keep the endurance sessions high in quality<ul style="list-style-type: none">○ Ensuring many short breaks max. 90 seconds.○ Build length of each section within the workout.○ Suggest starting with 4 x 10 minutes and increase multiples or duration.• Individualise the Conditioning<ul style="list-style-type: none">○ Individuals need specific goals: Create a flexibility targets for tests like sit and reach. Standards for their Trunks. I.e. plank, Side plank, etc.
6	3 skills (water), 2 endurance (Ergo) and 1 Conditioning	
8	3 skills (water), 3 endurance (Ergo) and 2 Conditioning	
10	4 skills (water), 4 endurance (Ergo) and 2 Conditioning	

Example Sessions

Increase Sets or Duration as fitness allows
Good practise = Good Habits

1. 6 x 8' @ R18 with 2' Rest.
 - a. Test your Core with lots of outside arm only rowing (Square blades), Inside arm down the loom and inside arm in a fist on top of the handle. (Helps with learning to
 - b. Legs Only, Legs and Body
 - c. Inside arm only (helpful to learn to suspend off the handle)
 - d. Late feathering (keeps the blade work clean and prevents injury to wrists)
2. 4 x 10' could be 2' @ R18 (Good rowing but light), 2' @ R22 (Solid Rowing with a focus on Distance per Stroke), 1' @ R28 (Learning to accelerate the boat/ergo).
3. Power Strokes (1 -3 sets of 10 x 10-20 strokes @ R20 - 24)
4. Rate pyramid (for example: 3' @ R20, 2' @ R24, 1' @ R 28, 2' @ R24, 3' @ R20)

Try not to be too varied in your sessions. Have some standard sessions that you can use to measure progress and some to keep it fun.

Please ask us for help? Send us your questions.

Other organisations that offer help:
[British Rowing Seminars.](#)

Why not ask Paddy if he will coach a session? patrick@cuwbc.org.uk