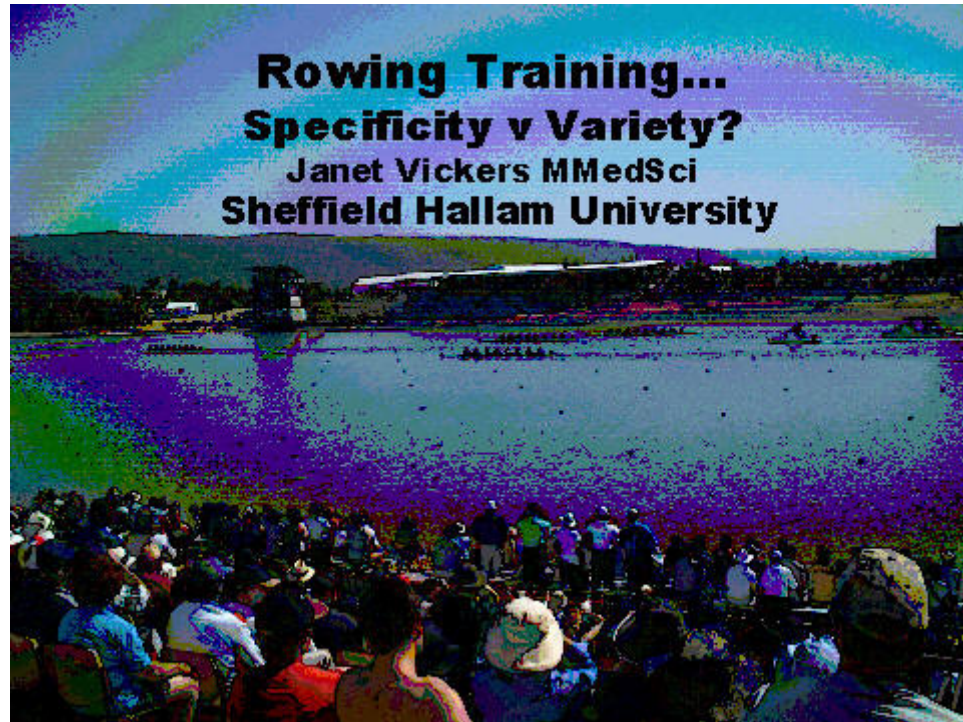


**Rowing Training...
Specificity v Variety?**
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Specificity or Variety

⌘ **Analysis of components of rowing fitness**

⌘ **Relevant research: specificity v variety**

⌘ **What are we doing? what can we do...**

⌘ **Effective coaching...**

where do we go from here?

Sharing good practice for club coaches and club rowers?

Rowing... a training dilemma

- ⌘ Power/Endurance Sport
- ⌘ Relative contributions of aerobic/anaerobic systems
- ⌘ Strength training debate
- ⌘ New initiatives in training?

Strength training in women rowers

- ⌘ Observations of Jurgen Grobler
Power deficiencies in GB Women's Squad
- ⌘ Rosie Mayglothling winter weights prog
- ⌘ Investigating the validity of intensive
resistance training to ergometer performance

Aims and Methodology

⌘ to compare responses of 20 well trained women rowers to two, four week training programmes

☒ Weight training (W) n=10

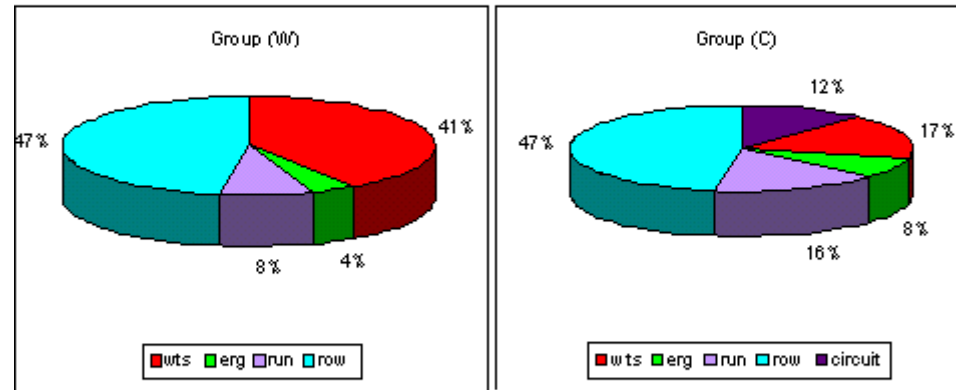
☒ Cross Training (C) n=10

⌘ Pre and Post training performance measures

2k and 20s ergometer and 1RM tests

Training Programmes

Weights Cross Trained



Results



- ⌘ Both groups improved significantly from baseline ergs and 1RMs
- ⌘ But...no significant difference between groups
- ⌘ Weights group better on 1RMs, Cross trained group better on all erg tests
- ⌘ Implications for rowing training?
- ⌘ Supports research done on US rowers

Planning a programme for rowing... what might we need to integrate within our Macro cycle?

- ⌘ Sound Technique
- ⌘ Aerobic/Anaerobic Endurance
- ⌘ Speed
- ⌘ Power
- ⌘ Strength
- ⌘ Flexibility/posture
- ⌘ Agility
- ⌘ Rest and Recovery
- ⌘ Peaking/Tapering
- ⌘ Tests and Trials
- ⌘ Competitions
- ⌘ Core Conditioning
- ⌘ Rehabilitation
- ⌘ Psychology
- ⌘ Nutrition

Water work

⌘ **specific to the rowing stroke, muscle mass and energy systems required for race (Hagerman '84, Steinacker '98)**

⌘ **aerobic system**

⌘ **anaerobic systems**

⌘ **race simulation**

⌘ **active recovery**

⌘ **technical drills**

⌘ **safety and injury, poor conditions, suitable equipment, supervision**

Ergometer work

- ⌘ sport specific
- ⌘ convenient, portable and safe; all year round
- ⌘ easily adjustable
- ⌘ control individual heartrate
- ⌘ objective, quantitative feedback
 - ⊞ distance and time for work and rest intervals
 - ⊞ power (w),
 - ⊞ strokes per min (r),
 - ⊞ pace or split times(m/s per 500m)/HR
- ⌘ calibration to water rowing, boredom, injury



Ergometers CII Slides

⌘ crew training on slides promotes...

⏏ rhythm

⌘ slide control on recovery

⏏ timing

⌘ connection on the catch

⌘ Cost and space 12

SAQ drills



JV Specificity v. Variety

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Instruction in a Crew Class



Strength and power

- ⌘ 1-4 sessions per week in the gym
 - ⌘ develop in preparation phase then maintain
 - ⌘ sport specific
 - ⌘ resistance weights (free or machines)
 - ⌘ Circuits, SAQ, plyometric combinations
-
- ⌘ technique, injury, flexibility deficiencies, supervision

Plyometrics and SAQ

<http://www.SAQinternational.com>

Rapid acceleration changes and Explosive speed

- ⌘ Jumping and bounding
- ⌘ Agility ladders
- ⌘ Medicine ball work

- ⌘ Impact injury potential, good technical coaching, quality recovery essential

JW Speedity & Variety

Cycling and Spinning

- ⌘ **All major muscle groups**
- ⌘ **low impact, low weight bearing, closed chain, concentric action**
- ⌘ **aerobic/anaerobic training/weight management**
- ⌘ **instant feedback**
- ⌘ **repetitive, rhythmic exercise**
- ⌘ **appeal to all ages**

- ⌘ **equipment, safety, tuition**

Good Posture

'That state of muscular and skeletal balance which protects the supporting structures of the body against injury or progressive deformity irrespective of the attitude in which these structures are working or resting'

Posture committee of the American Academy of Orthopaedic Surgeons 1947

Why Go for Good Posture and Balance?



- ⌘ Injury Prevention
 - ⌘ Maximise Power
 - ⌘ Maximise Control
 - ☒ Increase proprioception
 - ☒ solid centre
- = > Technique
- = > Performance

Balance, Coordination and Stability

2x + weekly, imagination, specificity

☒ Wobble boards

☒ juggling

☒ Core stability gym balls/swiss balls/sit fits

☒ bridging

☒ yoga

⌘ high technical input, needs progressive and consistent approach

JV Specificity v Variety

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