

Practice Timeline																		
0	5	10	15	20	25	30	35	40	45	50	55	60	1.05	1.1	1.15	1.2	1.25	1.3
				Launch												Dock		
		Dynamic W/U			On Water W/U											Warm Down / Stretch		
										Practice pieces/ drills								
Intro/Session Focus																	De-Brief	

Welcome Participants

- Welcome participants, introduce instructors and Club Mentors

Session Focus Briefing

- This session is focused on applying power at a variety of rates. While rowing at low rate have the crew focus on efficiency on the recovery by making the release clean, weight transferring quickly out of the bow, and blades staying off the water. As the rate increases so should the boat speed as the perceived effort on the stroke should always be at a consistently high level. As the rate comes back down the crew needs to focus on not letting the power drastically diminish.

Dynamic Warm-up

- Start Dynamic Warm-up and allow any stragglers to join as they come

Launch

- Have the athletes get out the oars, grab water bottles and ensure any required safety equipment is ready before putting hands on their boats.

On Water Warm-up

- Spend the full 15 mins doing the warm up and take time to detect and correct any errors in catch and release timing and focusing on maintaining boat balance on the recovery as well as proper blade engagement in the water.

Pieces and Drills

- Workout for the day is 4 x 9 min pyramids with 1 min changes & 3 min rest
- Rates are 2x (16, 18, 20, 22, 24, 22, 20, 18, 16) + 2x (18, 20, 22, 24, 26, 24, 22, 20, 18)
- Focusing on puddles and time spent on the slide
 - Trying not to rush into the catch at the higher rates, maintaining boat speed when the rates starts to come back down
 - 3 min rests should consist of 30 second paddle down, 1.5 min rest, 1 min paddle up.
- Between the pieces try and give small technical suggestions for the crew or rowers to focus on
- Technical issues that will greatly affect this workout are catch and finish timing, slide control, blade depth and balance.

Warm Down

- To cool them down bring the pressure and rate down gradually, maybe including some pause drills to help enforce slide control or pivot out of the bow.

Dock

If dock space and conditions allow for it try having the crew back into the dock if not come in normally.

Stretch

- After everything is put away have everyone stretch following the set stretching guideline

Session Review

- Review with the crew about pros and cons of the row
- Give specific feedback how each person was able to maintain the engagement of the water and accelerate the boat.
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind