

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 increasing rate and boat speed through 4 minute pieces with increasing rates. As the rate gets higher be sure to enforce good technical rowing. The tendency will be to shorten the stroke, not hit the catch at the apex of reach, allow the knees to pop up early and a rushing into the catch.

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 the square up timing so that the blade is squared early and ready for entry

Pieces and Drills

- Workout for the day 6 x 4min ladders with 1 min changes and 4 mins rest
 - 2 x (20, 22, 24, 26) 2x (22, 24, 26, 28) 2x (24, 26, 28, 30)
- Focusing on body posture at higher rates
 - Enforcing the drive into the heels and drive into the legs
 - 4 min rests should consist of 1 min paddle down, 2 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, and clean blade extraction

Warm Down

- To cool them down bring the pressure and rate down gradually, casual rowing at a 20-22 SPM will allow any lactic acid to move away from large muscle groups.

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 did at the higher rate and get feedback on how the workout was run
- Take time to answer any questions
- It's time to give people the thumbs up for completing this level and encourage them to continue rowing. It may be advisable to have other program coaches/coordinators available to answer questions and encourage membership or joining a set crew of some sort.