



# BBC Old Collegians Rowing Club

## Head of the Yarra training program



This program represents the land training for the start of the campaign to the Head of the Yarra  
 The minimum load for a Head of the Yarra rower is 3 ergo sessions per week  
 The ergo sessions are NOT optional, it is a chance to develop consistency and monitor output

WEEK: 18/18 start of		LOAD : Medium	FOCUS: Legs drive, body opens, arms	Work Type
DATE: 25-Jul-16		PHASE: Base building		
	<b>Ergo warm up EVERY session</b>	Start Hands only, hands and body, Quarter slide, Half slide, full slides. THEN legs only push for strokes 10 x then normal rowing for 10 strokes - repeat 5 times at full power. LEGS first then Warm up-1'@18,1'@20,1'@22,1'@24 then 1'@30 Now your ready to start the work.		
Monday	Ergo	3-4 x 5 minute pieces holding rating 22 pulling firmly- 2 minutes rest bewtween pieces		T2
Tuesday	Stretching	hamstrings, glutes, hip flexors and lower back. Stretch at the end of the day, 45 secs each one x 2		
Thursday	Ergo	Ergo Warm up Work: 2- 3x10' rating 20 (last 30" of every 2' cycle rate 26 at max effort [4min rest between pieces]		T2
Friday	Stretching	hamstrings, glutes, hip flexors and lower back. Stretch at the end of the day, 45 secs each one x 2		
Saturday	Ergo	Ergo Warm Up Work: 6-8 x 3 minute pieces at 24 with 1 minute rest.		T3
Sunday	REST Stretch	Morning off sleep in and rest, must stretch in the arvo. Full range of stretching - hip flexors, gluts, hamstrings, ITB's. Get a massage once a week		
Train Min		COMMENTS:		
Train % REGATTAS:				
Target %	Grammarians Sprint Re	T1(U2): Rate<15 Erg:(>TP+26)	T4 (AT):20-26 Erg:(TP+10)to(TP+rate	
Load Coef		T2 (U2): Rate 15-22 Erg:(TP+19) to (TP+25	T5 (TR): 22-34 Erg:(TP+11)to(TP)	AN: Max speed Erg: <TP
Load		T3 (U1): Rate 17-24 Erg: (TP+13) to(TP+18	T5 (RP):R28-38 Erg (TP)	ST: Strength Weights

See monitor screens next page

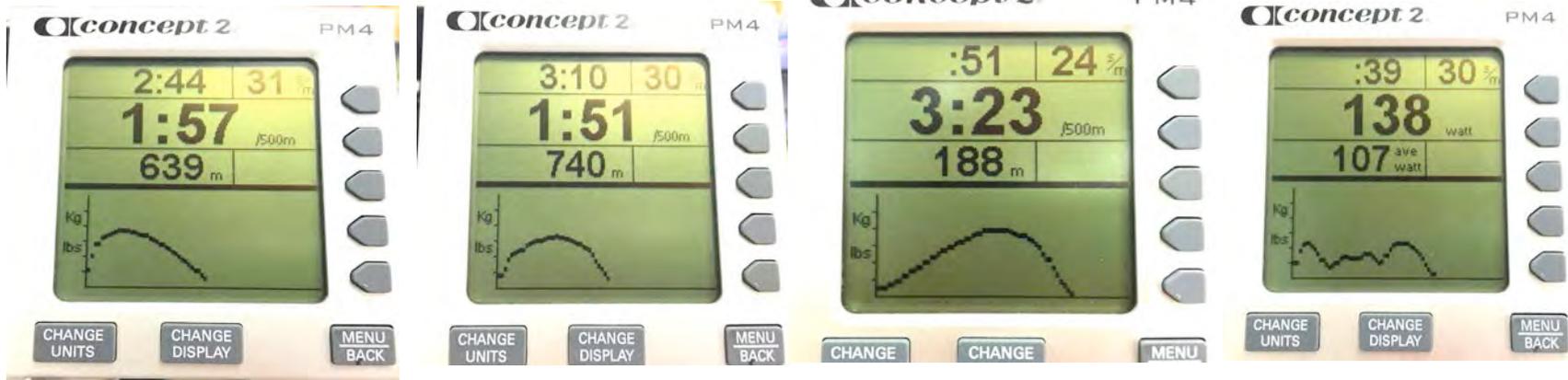
## Training on the ergo

Force curve should be smooth and build low to high to low  
There is no right or wrong curve as long as they look similar to one of these



### Types of Force Curves

Problem curves-



#### Early driver

Gets the legs on early

#### Big middle

builds into the power

#### Late build finish

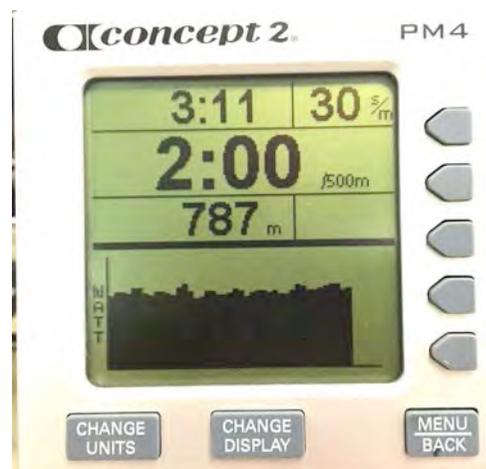
strong late finish

this screen show a loss of connection between the legs, body and arms.

**Watts scree** The bars should be same height for each rating, shows consistent power.



Inconsistent power each stroke shown here  
This will NOT help your boat move well



Consistent power output looks more like this.