

Technical : The 4 Parts of a Row Stroke

Practice BASIC Technique at 22-26 s/m

CATCH	DRIVE	FINISH	RECOVERY
Transition *Not a stop and pause	Fast + Forceful	Brush shirt w/ thumbs	Smooth + Relaxed
Light grip w/ shins vertical	Push legs then body *Do not use the arms to pull	Avoid bending wrists or sticking elbows out	Push hands towards feet *Use this momentum to pull you forward
Body at 1:00 *Don't lean or slouch	Connection is low down in body NOT shoulders	Body at 11:00 *Don't lean back excessively	Handle past knee before they break *Avoid using legs to pull forward
Pull handle <u>straight</u> back + push w/ heels	Exhale	Neck and shoulders relaxed	Inhale
BE QUICK AND EXPLOSIVE	Ratio 1 : 3 Drive : Recovery		LEARN TO RELAX

Damper Settings

(Amount of air allowed into the flywheel)

Damper should be around for your weight. (Applied for 500 meter+)

Weight = Damper	Weight = Drag
250lbs - 6-7	250lbs - 139
200lbs - 5-6	200lbs - 132
175lbs - 4-6	175lbs - 125
150lbs - 3-4	150lbs - 120
125lbs - 2-3	125lbs - 114

*The machine accounts for drag so if (boat) is moving fast from a strong drive, doing another right away will have little if no effect.

1-5 Easier w/ less drag and less forward momentum and will improve your technique.	6-10 Slower/Harder Drive Phase w/ higher drag and less forward momentum
The lower the damper, the less air is let in, which makes it feel really light and way easier to spin. But, even though this feels easier, you don't really go anywhere	The higher the damper, the more air in the flywheel, the faster the flywheel will slow down on the recovery, and the more work you have to do to accelerate the flywheel for the next stroke.
4-5 is where most people should be for optimal workout	Using a 10 for men or 8 for women is not efficient.

KEY to Increased Intensity:

Don't work harder than needed by using the Performance Monitor. Watch your 500m Split Time and keep your Stroke Rate between 24-30 for most workouts and 36 or below when competing.

Goal TYPE	Long Interval	Short Interval	Short Rest Interval	Variable Intervals	Longer Steady Work	Longer Varied Work	TOTAL	
General L1	1	1	1		1	1	5	
General L2	1	1	1		2	1	6	
Weight Loss	1	1		1	2	2	7	
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Week 1								
Week 2								
Week 3								
Week 4								

<p>Long intervals – 4 minutes in length and longer:</p> <ul style="list-style-type: none"> • 4 x 4 minutes, with 2-4 minutes rest • 4 x 5 minutes, with 3 minutes rest • 3 x 1500 meters, with 3-5 minutes rest • 2 x 2000 meters, with 4-6 minutes rest 	<p>Short intervals – less than 4 minutes in length:</p> <ul style="list-style-type: none"> • 1 minute hard/1 minute easy • 6 x 500 meters, with 2 minutes rest • 5 x 3 minutes, with 2-3 minutes rest • 30 seconds hard/1:30 easy
<p>Short rest intervals – rest interval is very short, in the range of 10-30 seconds. This allows the body to clear some of the lactate, but the heart rate stays pretty high:</p> <ul style="list-style-type: none"> • (1:40 hard/:20 easy) x 10 • 1 minute hard/30 seconds easy • 20 strokes hard, 5 strokes easy • 8 x (:20 hard/:10 easy). = Tabata intervals. 	<p>Variable length intervals – pyramids, step-ups, step-downs. There are any number of creative possibilities! • 1-2-3-4-3-2-1 minutes hard, with rest equal to the work time • 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute hard, with 2 minutes rest in between • 500 meters, 1000 meters, 1500 meters, 1000 meters, 500 meters, with 2-4 minutes rest in between work intervals • 3x500m; 3x250m, with 2 minutes rest in between</p>
<p>Longer steady work – long, steady exercise, with no (or short) breaks:</p> <ul style="list-style-type: none"> • 30 minutes steady • 5000 meters • 20 minutes, 1 minute break, 20 minutes • 10,000 meters 	<p>Longer varied work:</p> <ul style="list-style-type: none"> • 5000 meters, taking 20 harder strokes at the beginning of each 1000 meters • (3 minutes @ 22-24 spm, moderate steady pace, 2 minutes @ 25-27 spm increasing your effort, 1 minute @ 28-30 spm and higher intensity) and repeat 5-8 times. Note: for SkiErg, spm should be 35-38, 39-42, 43-46. • 6000 meters, taking 10 harder strokes at the beginning of each 500 meters • Alternate 3 minutes conversational pace with 1 minute harder pace for a total of 32-40 minutes

