

From a Beginner to a Successful International Rower: A Concept for a Systematic and Long Term Competitive Career

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To achieve top performances at the highest international level demands a systematic and long term preparation of the rower. The length of time over which the highest sporting performances can be achieved is generally determined by the natural talent of the rower himself or herself, and may last for a period of eight to twelve years.

In accordance with the appropriate goal-setting and training methods, the long term development of performance can be divided into stages within the framework of a concept extending over several years.

- Basic education
- Basic training
- Development training
- Transition training
- High performance training

The "several years" concept must involve training methods which:

1. ensure that the rowers have a leading position at the junior and senior World Championships, and the Olympic Games,
2. guarantee the speedy conversion of talent into top performances in the junior and senior categories, and
3. are careful to ensure that even rowers who are new to the training at the various age categories can achieve the requisite levels of performance when making the transition from the junior to the senior level.

Coaching of children (ages 10-12/13-14) constitutes the basic education (1-3 years) and the basic training (1-2 years), whilst the coaching of the 15-16 year old juniors constitutes the development training. These stages of basic education, basic training and development training have a particular significance, because mistakes in coaching at these levels are extremely difficult to correct at the high performance training stages, and can inhibit the achievement of the older athlete.

The attached table shows the goals and emphases of the long term development of performance from basic education to transition training.

Training Stage	Goal	Rowing Technique & Coordination Tasks	Conditioning Tasks	Competition/Tests	Training Per Week	Proportion Rowing to Land Training
I. Multifaceted Basic Education 10-12 yrs	Carrying out of various coordinated tasks for the development of an emotional attachment to the sport and to the club.	Utilizing several different motor experiences from other sports. Teaching the basics of sculling.	Create a broad basis of condition using specific and non-specific training with emphases on development of endurance and speed.	General examination of technique. Fixed rating races. Skill games on the water. General sport movement tests. General competition (games, running, swimming, etc.).	1-2 times per week 30-70 minutes	40 to 60
II. Basic Training 13-14 yrs	Multifaceted and thorough preparation through numerous training sessions per week to strengthen the emotional attachment to the sport and to the club.	Teaching basic technical requirements of the 1X. Teaching and perfecting the skills of associated sports.	Further development of specific and general endurance and speed capacity. Achievement of general strength endurance and power speed capacity.	General examination of rowing technique, skillfulness. Fixed rating races. Short and normal distance races. General sport movement tests and competition (games, running, swimming, etc.).	2-5 times per week 45-90 minutes	45 to 55
III. Development Training 15-16 yrs	Purpose-specific carrying out of actual performance tasks for rowing competition to retain the emotional connection to the sport and to the club.	Further development of rowing technique to the stage of a stable mastering of all sculling boats. Learning sweep rowing technique. Learning and perfecting the movements of associated sports. Intro to the tactics of rowing competition.	Development of overall and racing-specific endurance, teaching of speed movement tasks to master high rating in races in big boats. Further development of strength endurance and power speed. Learning how to lift weights for eventual maximal strength training.	Skill exercises and fixed rating races. Short, long and normal distance races. Sports movement tests. General competition (games, running, swimming, etc.).	3-7 times per week 45-120 minutes	55 to 45
IV. Transition Training 17-18 yrs or 19-20 yrs	Carrying out of performance-determined elements of rowing races. Achieving peak performances at the various peaks of the year (Jr. Championships, Nations Cup). Retaining the necessary level of performance during the transition to high performance training.	Consistent mastering of sculling and rowing technique in all boat classes and at all races. Further development of coordination performance. Further development of the variations in tactics in rowing races.	Further development of general and racing-specific endurance, and of speed and speed movement. Planning the workload for performance goals during the year to achieve the peak performance capacity at the main event. Further development of strength and endurance, power speed and maximum strength.	Short, long and normal distance races. General sports movement tests and general competition (games, running, swimming, etc.). Directing the training towards the principle of performance training.	4-12 times per week 45-150 minutes	65 to 35 or 70 to 30