

Ohio University Women's Crew

**Voluntary Off-Season Training Program
2011-2012**



Specific Workouts

1) Flexibility

Flexibility is critical to success as a rower. Most athletes need to focus on flexibility daily to maintain a flexible body.

Suggested workouts: Yoga, team's warm-up stretch (this should always be done before and after a workout)

2) Aerobic

Endurance, just as much as power, needs to be a focus. Studies suggest that an athlete loses up to 5% of her endurance for every seven days of non-training. Endurance workouts are those that raise the heart rate to approximately 70% for upwards of thirty minutes. It is recommended that these workouts should be done 4-5 times per week.

Suggested workouts: Erg, running, swimming, cross-country skiing. If you do not have access to an erg, try and find the best replacement machine or activity and stick to the training program as best as you can. Most fitness centers do have ergs.

Week 1 Points Available: 17.5	minimum points required: 14.5
Week 2 Points Available: 24.5	minimum points required: 20
Week 3 Points Available: 25	minimum points required: 20
Week 4 Points Available: 30.5	minimum points required: 20
Week 5 Points Available: 28	minimum points required: 20
Week 6 Points Available: 13	minimum points required: 13

3) Strength/Core

Strength can be a critical component of fast rowing and also of injury reduction. Fit in team training Circuit A and Circuit B during the week. Give one day of core rest in-between. Team training program Wicked Abs should also be done once a week. This way 3 out of 7 days combine aerobic with core. Both programs are attached.

4) Mental Toughness

Very seldom do people achieve any meaningful goals without a level of mental toughness, and in the sport of rowing, mental toughness is an absolute necessity. See attachment on mental toughness.

WEEK	DAY 1 MON	DAY 2 TUES	DAY 3 WED	DAY 4 THURS	DAY 5 FRI	DAY 6 SAT
1 Nov 28-3	45 min CAT VI Any Rate (4.5 pts)	40 min CAT V (4.0 pts)	OFF	45 min cross train (3.0 pts)	30 min @ rate 10-12 CAT III (3.0 pts)	Intervals: 3 x (5 min @ CAT III followed by 5 min @ CAT VI) (3.0 pts)
2 Dec 5-9	50 min CAT VI Any Rate (5.0 pts)	OFF	60 min cross train (6.0 pts)	Intervals: 3 x (5 min @CAT III followed by 5 min @ CAT VI) (3 pts)	45 min cross train (3.0 pts)	75 min CAT VI Rate 18-22 (7.5 pts)
3 Dec 12-16	OFF	40 min Rate 10-12 (4.0 pts)	4 x 20 min CAT VI (8.0 pts)	50 min cross train (4.0 pts)	60 min cross train (6.0 pts)	Intervals: 3 x (5 min @ CAT III followed by 5 min @ CAT VI) (3 pts)
4 Dec 19-23	3 x 20 min CAT VI Rate 18, 20, 22 (6.0 pts)	3 x 30 min CAT VI Rate 18-22 (9.0 pts)	60 min cross train (5.0 pts)	Intervals: 3 x (5 min @ CAT III followed by 5 min @ CAT VI) (3 pts)	75 min CAT V Rate 22-24 (7.5 pts)	OFF
5 Dec 26-30	6 x 12 min CAT VI Any rate (6.5 pts)	90 min cross train (9.0 pts)	45 min @ rate 10-12 CAT III (4.5 pts)	60 min cross train (5.0 pts)	OFF	Intervals: 3 x (5 min @ CAT III followed by 5 min @ CAT VI) (3 pts)
6 Jan 2-6	OFF Move back to campus	2K test (8 pts)	75 min cross train (5.0 pts)	OFF	First Day of Practice	OFF

Points for each practice are indicted in brackets. For example. (5.0 pts) = 5 points for your weekly total. Refer to next page for intensity level of CAT.

These are the intensity level for the aerobic workouts. These levels are specific for each rower, based on the last 5K erg test. If you have questions about the levels or intensity, please ask a coach.

		Training Categories	+14	+6	=	-3
Athlete	Time	Average pace	CAT VI	CAT V	CAT IV	CAT III
	00:00.0		00:00.0	00:00.0	00:00.0	00:00.0
Badach, Hailie	25:40.2	02:34.0	02:48.0	02:40.0	02:34.0	02:31.0
Bales, Savannah	22:49.5	02:16.9	02:30.9	02:22.9	02:16.9	02:13.9
Barnes, Chelsey	27:02.1	02:42.2	02:56.2	02:48.2	02:42.2	02:39.2
Bobst, Caroline	24:33.5	02:27.4	02:41.4	02:33.4	02:27.4	02:24.4
Dahl, Åsa	21:42.0	02:10.2	02:24.2	02:16.2	02:10.2	02:07.2
Fink, Michele	23:44.2	02:22.0	02:36.0	02:28.0	02:22.0	02:19.0
Friend, Erin	25:42.5	02:34.2	02:48.2	02:40.2	02:34.2	02:31.2
Gebacz, Chloe	26:16.9	02:37.7	02:51.7	02:43.7	02:37.7	02:34.7
Gegesky, Megan	22:17.0	02:13.5	02:27.5	02:19.5	02:13.5	02:10.5
Gibson, Stephanie	20:46.7	02:04.7	02:18.7	02:10.7	02:04.7	02:01.7
Gierosky, Michelle	26:41.4	02:40.1	02:54.1	02:46.1	02:40.1	02:37.1
Gifford, Kelly	24:10.0	02:25.0	02:39.0	02:31.0	02:25.0	02:22.0
Gurnickg, Genevieve	22:28.0	02:14.8	02:28.8	02:20.0	02:14.8	02:11.8
Hartnett, Amanda	24:38.4	02:27.4	02:41.4	02:33.4	02:27.4	02:24.4
Hinkelman, Sarah	21:38.8	02:09.9	02:23.9	02:15.9	02:09.9	02:06.9
Kin, Hillarie	25:10.9	02:31.1	02:44.1	02:37.1	02:31.1	02:28.1
Kleinas, Nicole	23:49.7	02:23.0	02:37.0	02:29.0	02:23.0	02:20.0
Komp, Alex	26:21.2	02:38.0	02:52.0	02:44.0	02:38.0	02:35.0
Lake, Donna	23:00.1	02:18.0	02:32.0	02:24.0	02:18.0	02:15.0
Lewis, Rochelle	25:11.4	02:31.1	02:45.1	02:37.1	02:31.1	02:28.1
Lubbers, Ellen	21:03.9	02:06.4	02:20.4	02:12.4	02:06.4	02:03.4
Macon, Sacoria	28:13.2	02:49.3	02:63.3	02:55.3	02:49.3	02:46.3
Martin, Taylor	24:14.1	02:25.4	02:39.4	02:31.4	02:25.4	02:22.4
Martinez, Karen	27:55.4	02:47.5	02:61.5	02:53.5	02:47.5	02:44.5
Mattey, Maddison	24:27.0	02:26.7	02:40.7	02:32.7	02:26.7	02:23.7
Morales, Ana	27:18.1	02:43.8	02:57.8	02:49.8	02:43.8	02:40.8
Ricker, Kelly	23:13.0	02:18.8	02:32.8	02:24.8	02:18.8	02:15.8
Rider, Carrie	24:03.6	02:24.4	02:38.4	02:30.4	02:24.4	02:21.4
Sataya, Angela	24:50.3	02:29.0	02:43.0	02:35.0	02:29.0	02:26.0
Schmidlin, Kate	21:18.7	02:07.9	02:21.9	02:13.9	02:07.9	02:04.9
Slosser, Nikki	22:39.0	02:15.9	02:29.9	02:21.9	02:15.9	02:12.9
Thoburn, Katie	24:49.8	02:29.0	02:43.0	02:35.0	02:29.0	02:26.0
Wagner, Becky	24:14.0	02:21.0	02:35.0	02:27.0	02:21.0	02:18.0
Wartinger, Elaine	27:40.9	02:46.1	02:60.1	02:52.1	02:46.1	02:43.1
Woodruff, Leah	22:38.6	02:15.9	02:29.9	02:21.9	02:15.9	02:12.9
Young, Camyel	25:43.7	02:34.4	02:48.4	02:40.4	02:34.4	02:31.4
Badach, Hailie	25:40.2	02:34.0	02:48.0	02:40.0	02:34.0	02:31.0

Mental Toughness

The mental toughness component of our off-season workout comes from you as an athlete. For example, most people “tune out” when they exercise: they listen to music, watch TV, read a magazine...this is fine for the general exercising population. But you are NOT a general exerciser. You are a VARSITY athlete.

The key difference between a general exerciser and a varsity athlete is the level of mental awareness and mental toughness. You NEED to listen to and learn from your body. For example, ask these questions to yourself as you workout:

1. Can you work harder?
2. Do you need more recovery time?
3. Are you using proper technique?

These are important questions that are frequently never addressed by the general population, but must be answered by varsity athletes.

Your job as an athlete is to pay attention and address questions such as these. You need to listen, to learn, and to improve. During this training program, you can decide what day or what workout you are going to FOCUS on...it doesn't have to be every workout, but it should be at least two workouts a week. What it means to focus is:

1. Tune in and listen to your physical and mental responses to the exercise
2. Pay attention to your technique
3. Address the intensity level

Body Circuits

(1 min; 30 sec off) wks 1-2, (1:15 on, 15 sec off) wks 3-4,
(1:30 on, 30 sec off) wks 5-6

Set A:

1. Air Squats; extend arms forward as squat to 90 degrees
2. Cross abs; feet on floor, raise knees, hands behind head, crunch, lift, twist alternating sides
3. One leg dip (:30 each side)
4. Sculling sit ups
5. On stomach, alternate raising opposite hand/leg
6. Leg sweep (30 seconds each side): squat on supporting leg; extend other leg out to front, hands on hip, sweep leg in ½ circle from front to side to back
7. Push ups
8. Mountain climbers: In a push up position, the legs reciprocally flex and extend. Back stays straight/flat. I think the flexion should happen mostly in the balls of the feet, not in the ankle
9. Jumpies
10. Front Plank
11. Jumping jacks
12. Dead bug/flutter kick: lie on back, pull bellybutton in, flutter kick with feet off floor, arms extended over thighs fluttering too; if back arches off floor, put hands under butt
13. Superman; lie on stomach, extend arms forward and “fly” like superman while raising toes off floor as well
14. High skipping
15. Windshield wipers: Lying on back, arms go straight out to the sides with palms facing the ground. Legs are straight up with feet facing the ceiling (90 degrees to the torso). The legs sweep down to the ground on one side, then 180 degrees up and over (through 90 degrees to the torso again) to the opposite side. Continue back and forth.
16. Banana: Opposite of a superman: Lay flat on back, arms extended overhead, and curl body (lift arms, head, and legs) and hold. Like a static crunch.

Set B:

1. Wall sit
2. Side plank (:30 each side)
3. Full can straight arm lift (rotator cuff), standing, start with arms lowered at sides; squeeze together shoulder blades and raise and lower arms to shoulder height
4. Lunges (alternating leg)
5. Crunchies sit ups
6. Cross country ski (one side)
7. Cross country ski (other side)
8. Get ups: start lying flat on back with one arm raised vertically; keeping arm raised vertically, get up off of floor to standing position, repeat
9. Air squats
10. One-legged skater lunge: Standing and dipping on one leg, the free leg straightens while extending backward and that arm extends forward. The other arm (on the same side as the leg that is dipping) extends backward. Usually do 30 sec. on one leg, then switch to the other.
11. Russian twists; sit on floor knees bent, feet on floor, raise feet off of floor and twist from side to side, placing/touching both hands to floor on each side
12. Squat thrusts (burpee)
13. Side lunges
14. High knees; standing bring knee high up to chest and touch opposite elbow
15. Leg throw downs: Lying on back with legs straight up, 90 degrees to the torso. A teammate stands with their feet on either side of this person's head. Person grips the teammate's ankles. The teammate pushes the person's ankles forcefully toward the ground in any direction without telling (straight, to the L or R). The person tries to prevent their feet from hitting the ground and rebounds them back to the starting position where they get pushed again.
16. Toy soldiers: Without bending at the waist, lift one straight leg up 90 degrees while reaching to touch that ankle with the opposite arm. I think a variant that is more difficult is using both arms, starting with them both straight above the head and sweeping down to meet the extending leg.

Wicked Abs

50" on, 10" off wks 1-2

60" on, 10" off wks 3-4

70" on, 10" off wks 5-6

1. Crunch

2. Crunch w/ knees @ 90 degrees

3. Crunch with feet straight in air

4. Bicycle

5. Side Crunch

6. Lower ab crunch w/ knees @ 90 degrees

7. Scullers

8. Superman

9. Plank

10. 6 inches (on back, feet 6 inches off of the ground, legs straight out)

11. Russian Twist

12. V-sit