

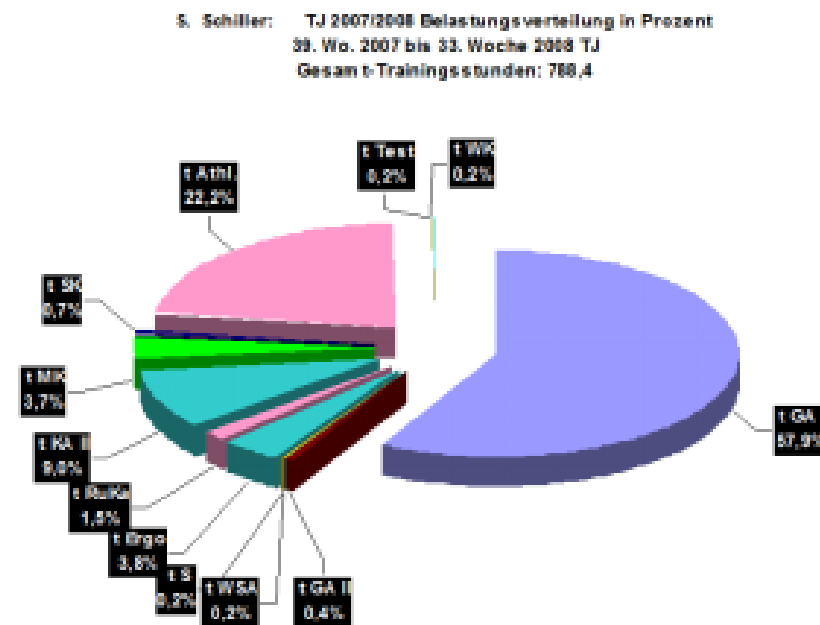
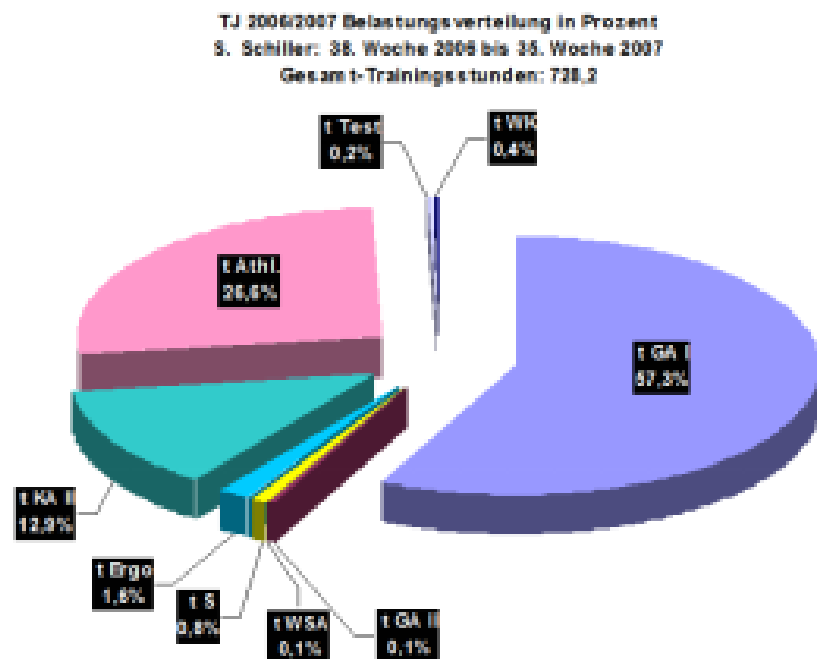
# Coaching – an operative overview (Germany until 2009 & China 2017)

Jutta Lau



# Overview of the training content

## Example: annual plan of a female GER elite athlete



- ◆ t basic endurance training II 57.3% : water based training within endurance parameters; under regular conditions and altitude training (2x a year)
- ◆ t athletic training. 26.6% : general athletics incl. Skiing, running, cycling
- ◆ t strength/endurance II 12.9% : strength/endurance training w/ a multitude of exercises; limited max strength
- ◆ t Ergo 1.6% : Ergometer training
- ◆ t speed training 0.8% :
- ◆ t competition related 0.1% : competition related endurance i.e. 500m, 1.000m
- ◆ t basic endurance 0.1% : water based training / long distance at frequency 26-28; lactate under 6
- ◆ t testing 0.2% : 2k erg, 2k water, ramp tests, ...
- ◆ t competition 0.4% : competition specific training



The Chinese Rowing Federation organizes one (1) high altitude camp over the winter for app. 6 weeks. During this time it is possible to train specific as well as general athleticism. Upon return to the Chinese Rowing Federation national team in 2015-16 with the specific task of qualifying the W4x for Rio 2016, a high altitude chain of three camps was introduced.

# Land-based weight training



Large amount of strength endurance with a high variety of exercises that are frequently interchanged. A very low amount of max strength training



Strength-endurance is of primary importance for the national team. Particularly in the provinces max strength training is also a popular.

The strength programmes change rapidly as injuries are common. The main factor for injuries are high repetition sets Abdominal muscles and back muscles exercises are of main importance nationally to prevent groin injuries.

# Ergometer training



Water training is dominating ergometer training. The German team trains frequently in rowing tank when the water conditions do not allow training in boats. Ergometers are being used for 2.000m testing as well for strength programmes.



In the vast land mass of China several training sites exist that allow summer and winter training in good climatic and sunny conditions. Nevertheless ergometer training is heavily relied upon for intensive pieces and strength training. 2.000m, 6.000, and ramp tests are conducted on ergometers.

# A weekly training plan

Deutscher Ruderverband  
**DRV**

Three intensity weeks followed by a rest week; twice in high altitude conditions, each for three weeks



Two intensity weeks followed by a rest week; three times in high altitude conditions. The first starting in winter lasts 6 weeks.

In 2016 six female athletes trained in high altitude conditions prior to the late qualification in Lucerne of the W4x & W2x. These camps are particularly effective under full dedication of the athletes present.

## Wochentrainingsplan

Gruppe: Jutta Datum 2016/1/4-2016/1/10

Tag	Morgen	Vormittag	Nachmittag	Bemerkung
Mon.	Labor 40min Ergo	( 8: 30 ) 20min Erwärmung 18km Wassertraining auf Einer SF17 75% Intensität	( 15: 15 ) 20min Erwärmung 100min Krafttraining	Im Krafraum sich erwärmen Kraftprogramme 12+7 , Programme mit Gewicht 2 Kreise , Programme ohne Gewicht 1 Kreise
Di.	nichts	( 8: 30 ) 20min Erwärmung 18km Wassertraining auf Einer 6 mal 12 Schläge Start	( 15: 30 ) 20min Erwärmung 12km Wassertraining auf Einer auf Strecken SF17 76% Intensität 45min Dehnung	Im Krafraum sich erwärmen
Mitt.	nichts	( 9: 00 ) 20min Erwärmung 16km Ergo 45min Dehnung	frei	Im Krafraum sich erwärmen Kraftprogramme 12+7 , Programme mit Gewicht 2 Kreise , Programme ohne Gewicht 1 Kreise
Don.	nichts	60min Erwärmung 2km Ergotest 45min Ergo (Kompensation)	frei	Im Krafraum sich erwärm
Frei.	nichts	60min Erwärmung 2km Test auf Einer und 2-	( 15: 00 ) 20min Erwärmung 15km aufs Wasser (Kompensation)	Im Krafraum sich erwärm
Sa.	nichts	( 8: 30 ) 20min Erwärmung 22km Wassertraining auf Einer SF17 75% Intensität	( 15: 00 ) 20min Erwärmung 16km Wassertraining auf Einer SF17 75% Intensität	
So.	无	( 8: 30 ) 20min 热身 20km Wassertraining auf Einer SF17 76-77% Intensität 8 Runden Lauf	frei	

# Rowing technique

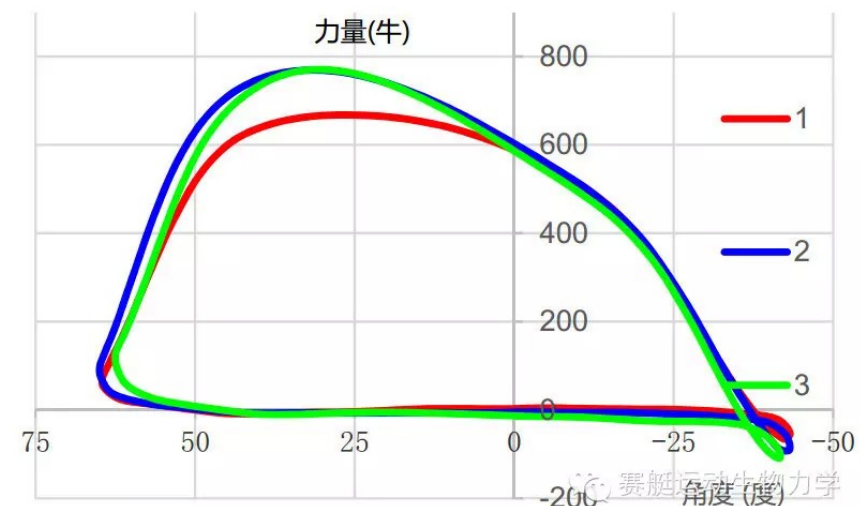
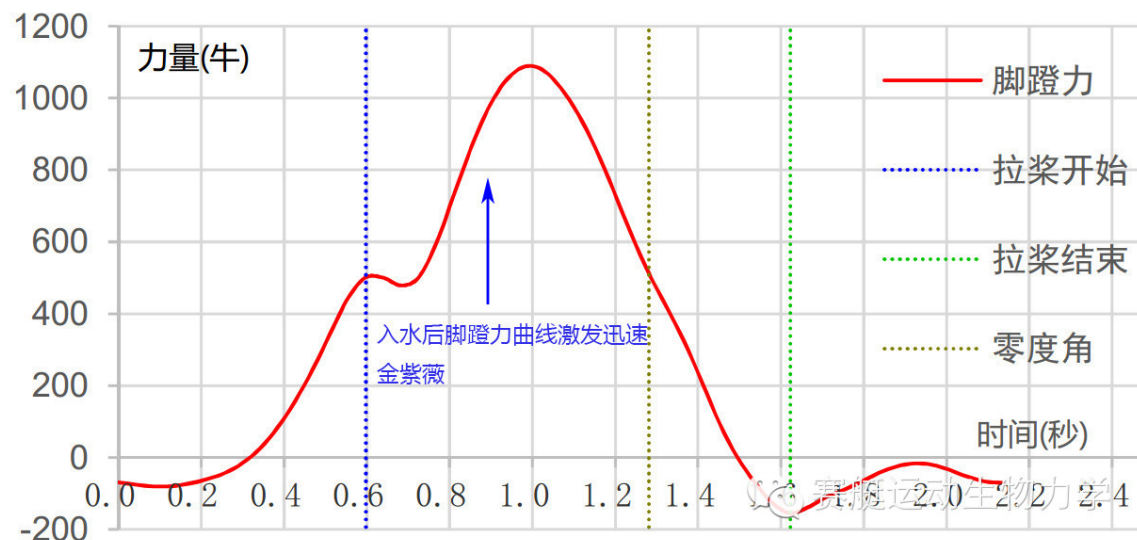
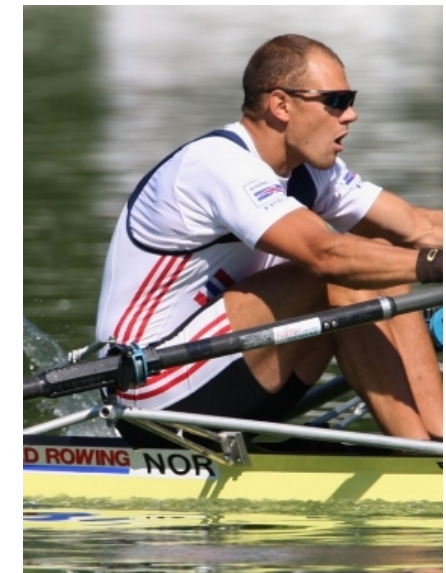


Technical improvements are of crucial importance under all training intensities.

At the Potsdam rowing base, a state of the art measuring system is present for daily training



Crucial importance is given to measuring systems. Neither the national team nor the provinces employ permanent personnel specializing in measuring. The institute in China offers two measuring systems for usage. The nationally made system is accurate including footstretcher curves. With the help of the system the national team and provinces agree on a mutual rowing technique for the athletes



# Selection



For boat composition, I rigidly took into consideration the small boat performance, endurance capacity and technique. The decisions were taken in close cooperation with regional scientists. We also used a trial system with measuring equipment.



In January and April general tests (ramp, 8.000m long distance and 2.000m ergo) are organized.

Aim was is 2016 for the W4x to qualify for Rio in Lucerne. The time of a trial test was set with 6:26min. Four athletes, under measuring system supervision reached this threshold, despite of excelling individually in different boats

THANKS!

