



How the Rowers platform can help drive Performance

Making the important measurable



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What is Rowe.rs ?

Web and Cloud based platform

Improves Team organisation and communication

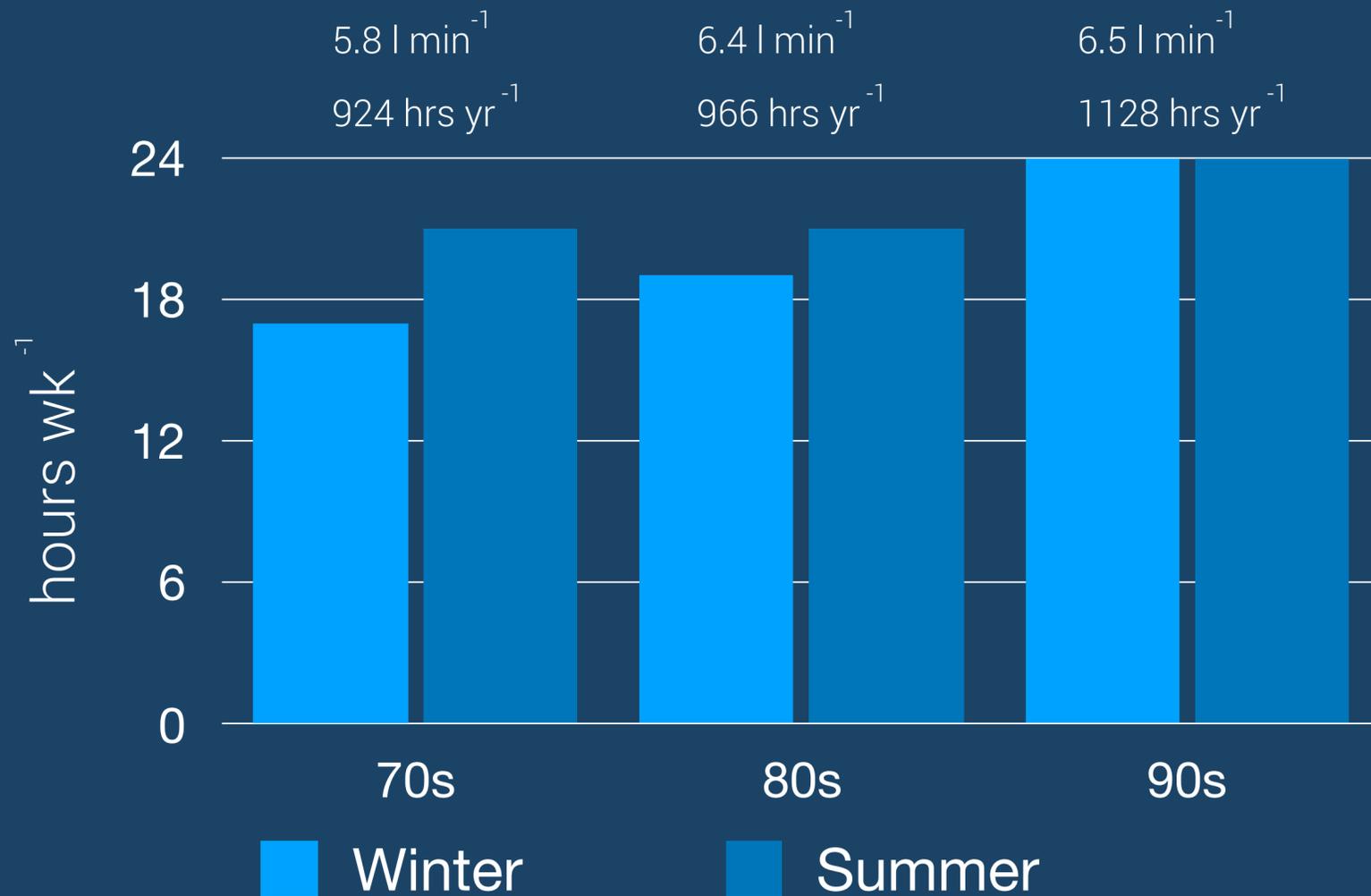
Centralises all data collection and visualisation

Gives coaches better insights

Improves decision making



How much more can we train....



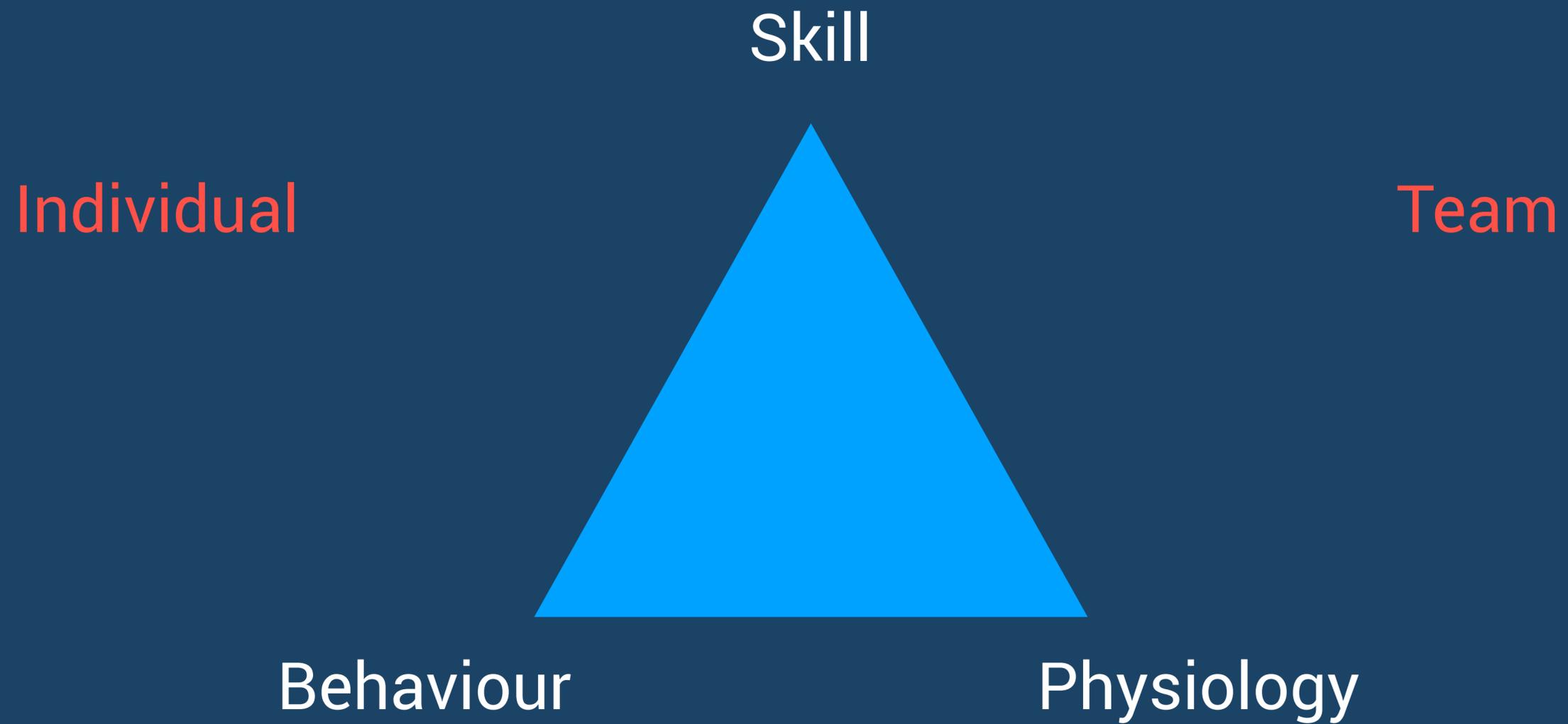
INCREASE	1970-1980	1980-1990
Training time	16.7%	10.3%
VO2	1.5%	4.5%

Train more effectively...

Measure what is important

Re-measure what is important

What's important?



Modern Challenges

1. Centralised vs Remote Training

Centralised vs Remote Training



Modern Challenges

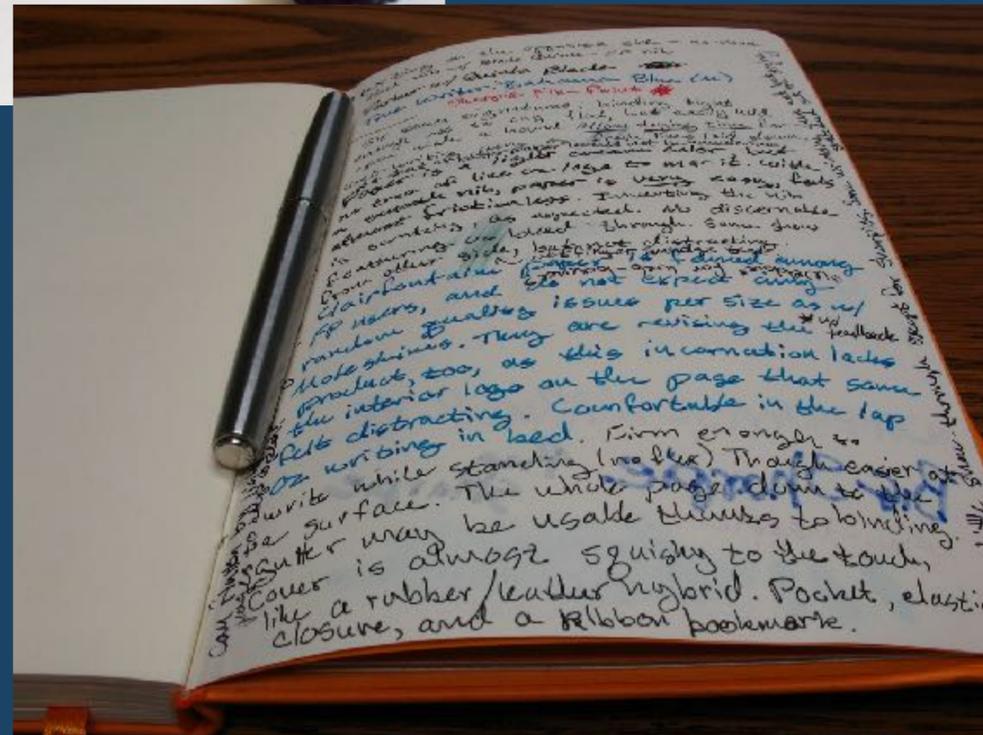
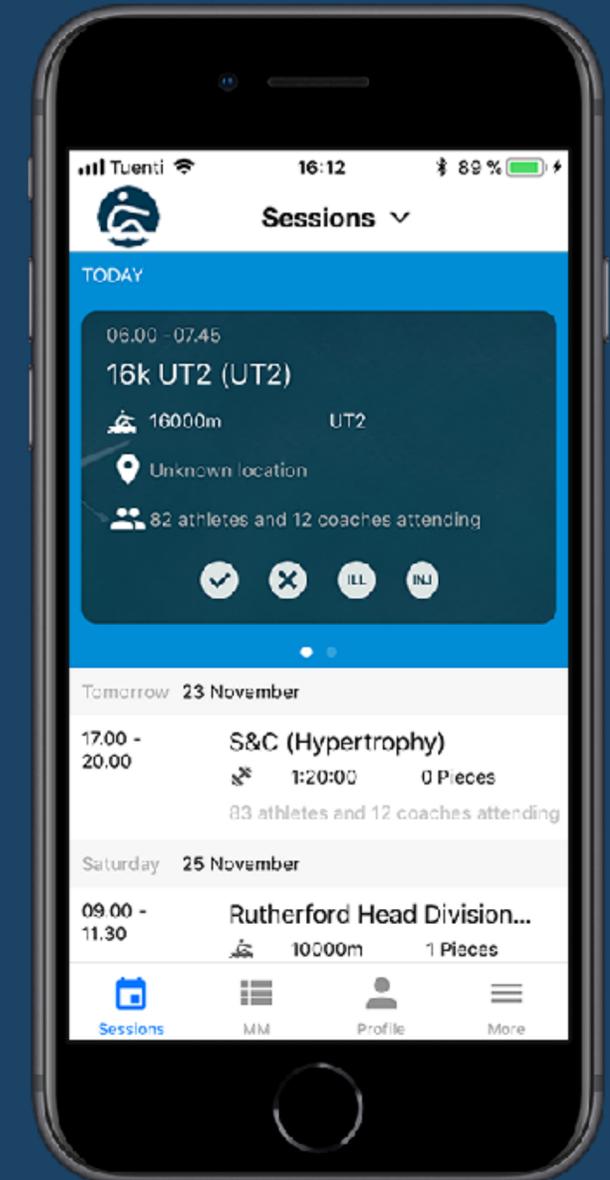
1. Centralised vs Remote Training
2. Competing pressures - work, study, family, training and recovery time
3. Many new data sources
4. Traditional ways of operating - Cultural issues around data

New Possibilities

1. Record the actual training done
2. See how well the training has been done
3. Optimise the training load for each athlete
4. Understand the biomechanics fully



Good Record keeping



**Measure what is important,
instead of making what you
measure important**



Thank You

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