



# Preparation - Rio 2016 - Training, Technique & Selection

## GBR Open Men

*Juergen Grobler - Chief Coach*



# Our "GBR" Olympic Champion 2016 - Open Men



# Our "GBR" Rotterdam 2016 - Champions



# GBR Open-Men Results 2016

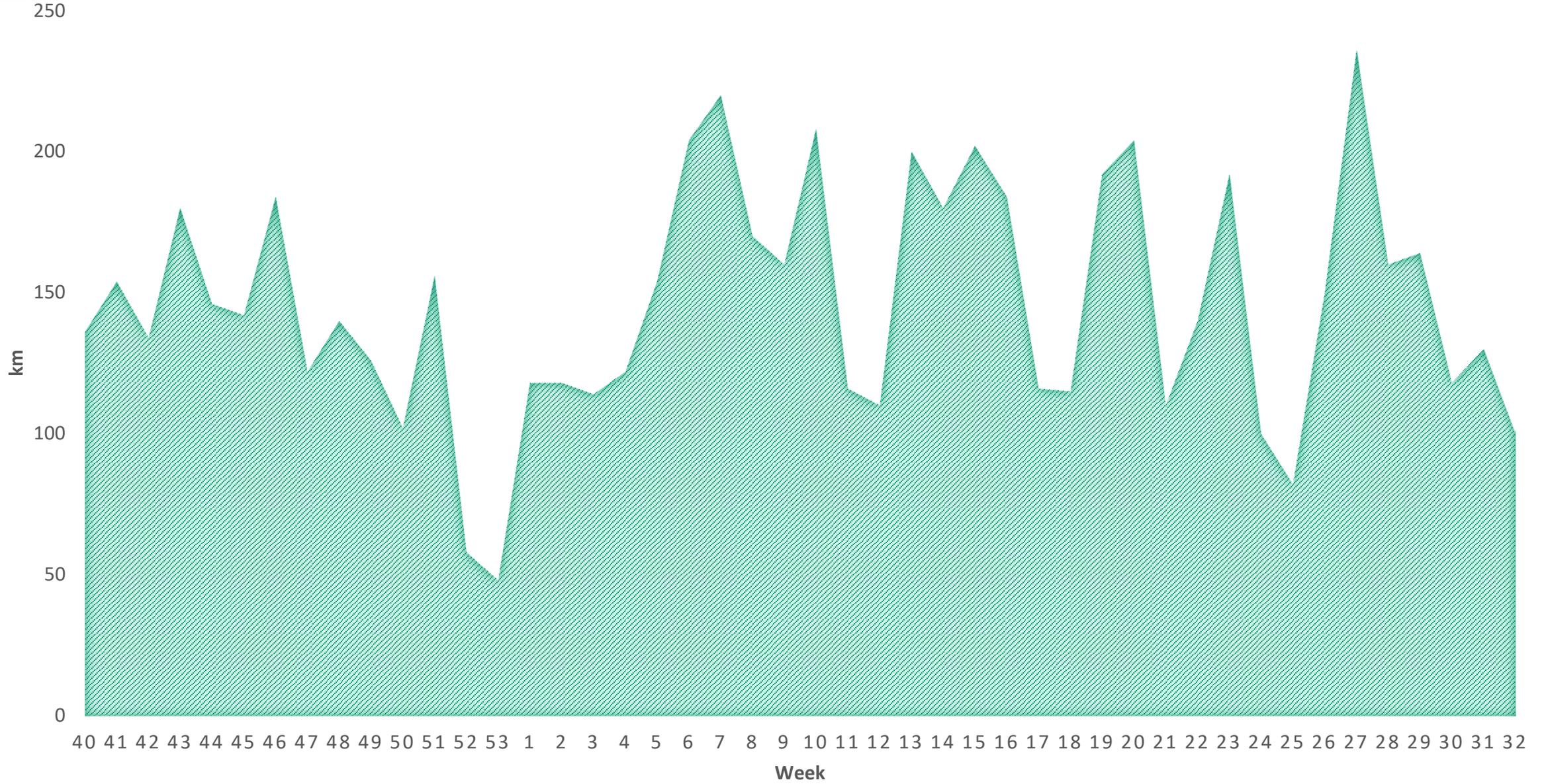
-2015 Olympic Qualification in all 6 Olympic Events

Olympic Games 						World Championships-Rotterdam
1x	2x	4x	2-	4-	8+	2+
B-Final	5.	5.	4.	1.	1.	1.
DNS						

# Training Matrix

TRAINING ZONE		% HEART RATE MAX	BLOOD LACTATE (mmol/l)	STROKE RATE	% FISA "BEST"- TIME	SAMPLE SESSION
CODE	NAME					
UT3	Fuel Utilisation Training	<59%	<1.0	<18	<70	>120' Low intensity
UT2	Basic Oxygen Utilisation Training	59-67%	<2.0	18-19	70-76	70-100' Low intensity
UT1	Oxygen Utilisation Training	67-75%	2.0 - 4.0	19-23	77-82	2-3x20-30' 4-8x8-10'
AT	Anaerobic Threshold Training	75-85%	~4.0	24-28	82-86	2-4 x 8-10' 1-2 x 15-20' 1 x 30'
TR	Oxygen Transport Training	85-100%	~4.0 - 8.0	28-36	87-95	3-6 x 3-5'
AC	Anaerobic Capacity Training		~8.0 +	>36	>95	4-8x250m 2-4x500m 1-2x1000m
AP	Anaerobic Power Training			>26	>95	10-20x10-15 power strokes

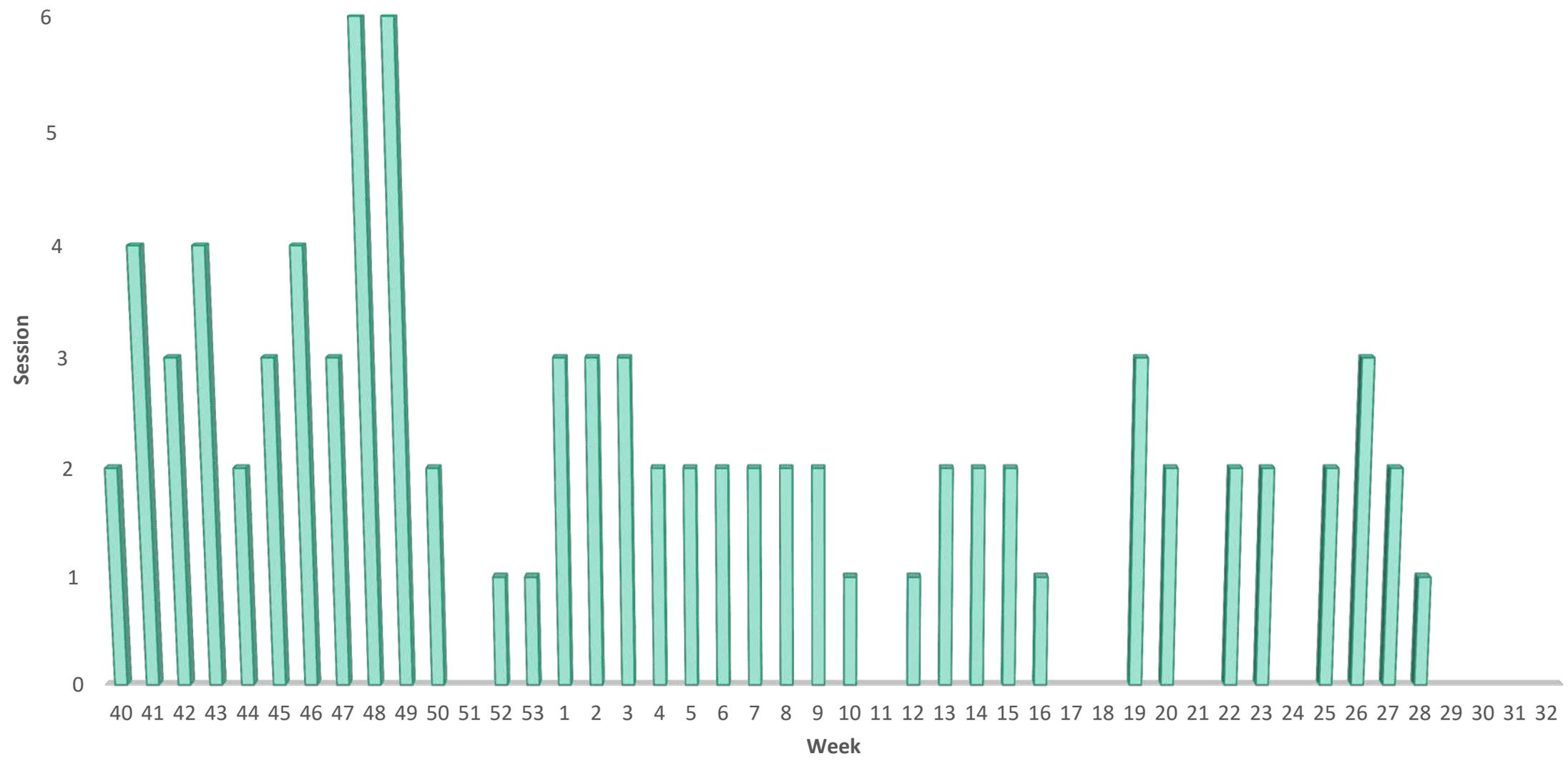
# WATER & ERGO WORK (KM) 2015/2016





# WEIGHT SESSION 2015/2016

■ Session





## Lower Body Session

Exercise	Repetitions	Sets
Clean Technical Drills	5	4
Power Clean	4	3
Back Squat	5	5
Romanian Deadlift	3	8
Split Squat	3	12

## Upper Body Session

Exercise	Repetitions	Sets
Bench Pull	5	5
Bench Press	5	5
Loaded Pull Up	5	5
Single Arm Row	3	12



## Mixed Session

Exercise	Repetitions	Sets
Clean Technical Drills	5	4
Power Clean	4	3
Back Squat	5	5
Bench Pull	5	5
Pull Up	5	5

WEEK: 44-45		26.10. – 8.11.2015		BOSTON		1. Assessment		Training zones: <b>UT3</b> <b>UT2</b> <b>UT1</b> <b>AT</b> <b>TR</b> <b>AC</b> <b>AP</b>	
MONDAY 26.10.15	TUESDAY 27.10.15	WEDNESDAY 28.10.15	THURSDAY 29.10.15	FRIDAY 30.10.15	SATURDAY 31.10.15	SUNDAY 1.11.15	COMMENTS		
<b>7:30 Bisham</b> 20' warm up 70' Weights  16km <b>UT2</b> R:18/19	<b>7:30 Bisham</b> 20' warm up 70' Weights  16km <b>UT2/1</b> 2x1000m R:21 2x500m R:23	<b>7:30 Caversham</b> 12km <b>UT2</b> R:18/19  10km warm up/TR 3x1000m R:28;R:30;R:32 <b>Warm down!</b>	<b>7:30 Caversham</b> 12km <b>UT2/1</b> R:18/19  8km <b>UT2/TR</b> 2x500m Off the start/Race pace <b>Warm down!</b>	<b>7:30 Caversham</b> 12km <b>UT2/1</b> R:18/19  8km <b>UT2/AP</b> 4x15 R:28+	<b>7:30 Caversham</b> Ergo 8km warm up  10:30-11:30 <b>ERGO-TEST</b> 2000m	1.Assessment <b>BOSTON</b> 1x/2-			
Ergo 16km <b>UT2</b> R:18/19	10km <b>UT2/AP</b> 6x15 - R:28+	Off	Off	Loading! <b>BOSTON</b>	Off				
32	26	22	20	22	-12	-12	Σ146 km		
MONDAY 2.11.15	TUESDAY 3.11.15	WEDNESDAY 4.11.15	THURSDAY 5.11.15	FRIDAY 6.11.15	SATURDAY 7.11.15	SUNDAY 8.11.15	COMMENTS		
<b>7:30 Bisham</b> 20' warm up 70' Weights  18km <b>UT2</b> R:18/19	<b>7:30 Bisham</b> 20' warm up 70' Weights  18km <b>UT2/1</b> 3x2000m R:21-23	<b>7:30 Caversham</b> 16km <b>UT2</b> R:18/19  30'Ergo <b>UT1/AT</b> R:20	<b>7:30 Bisham</b> 20' warm up 70' Weights  12km <b>UT2</b> R:18/19	<b>7:30 Caversham</b> 16km <b>UT2</b> R:18/19	<b>Fours Head</b>	Off			
Ergo 12km <b>UT2</b> R:18/19	Ergo 12km <b>UT2</b> R:18/19	Off	Club training (12km)	Club training (8km)	Off	Off	J.Grobler Chief Coach		
30	30	24+	24	24	-10		Σ~142 km		



## **Open Men-Training 2015/2016 - Summery**

Water/Ergo 30000min

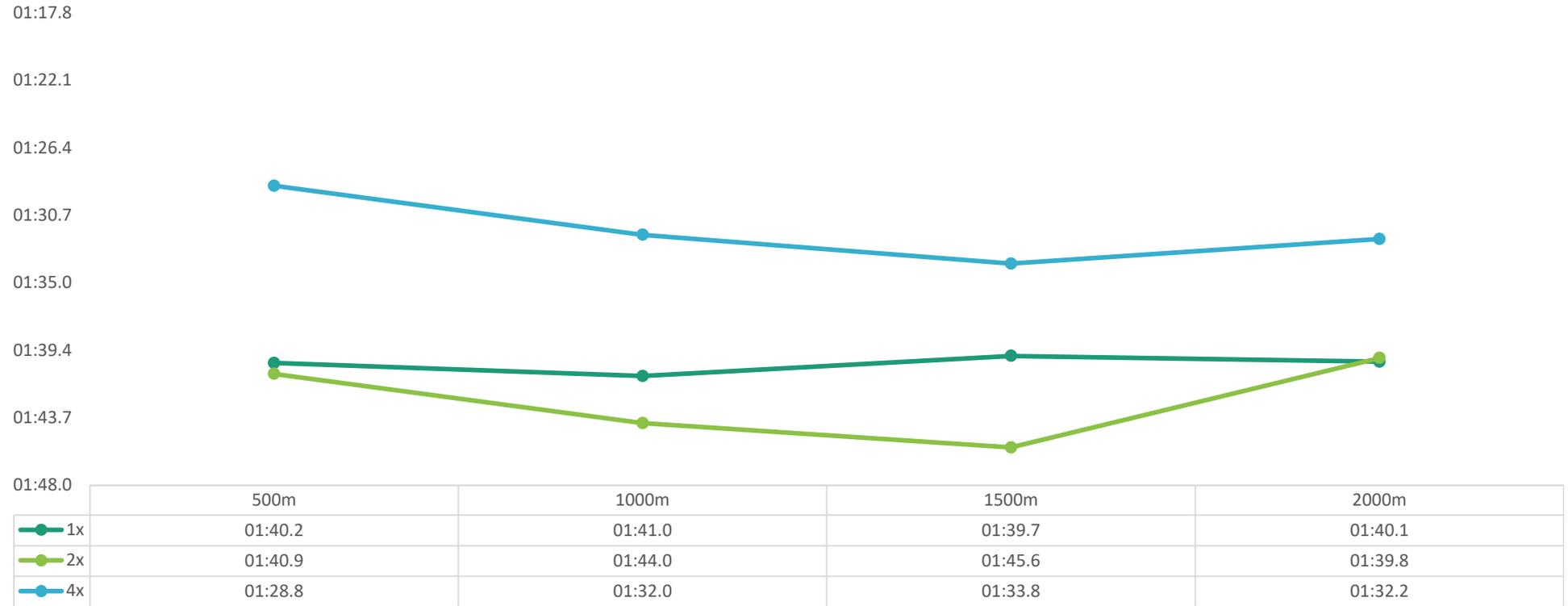
Strength&Conditioning 6600min

Other physical activities 6900min

(Core training;Stretching;Running;Cycling....)

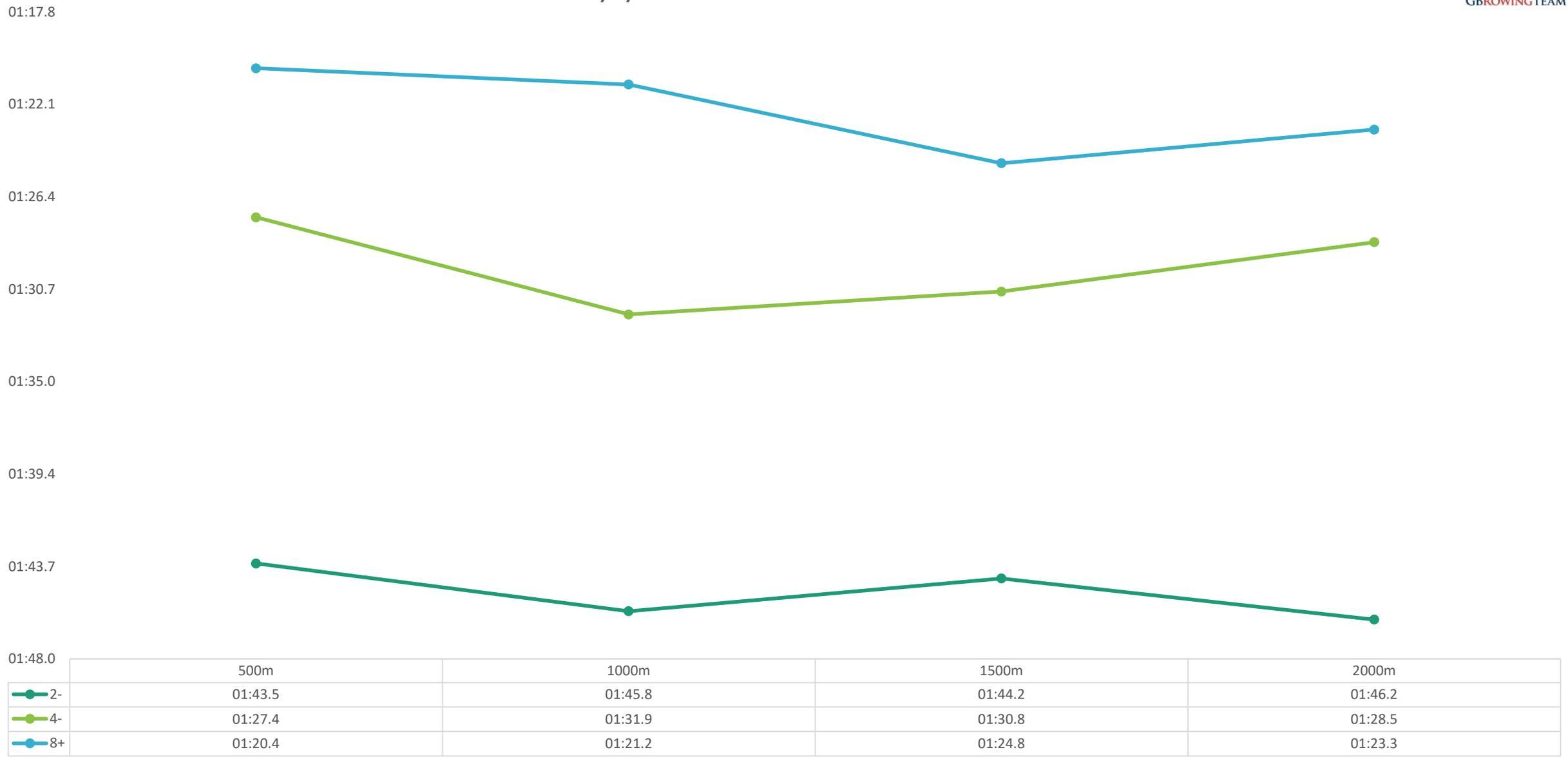


*Race Profiles Open Men-Rio Winner*  
*1x/2x/4x*



1x 2x 4x

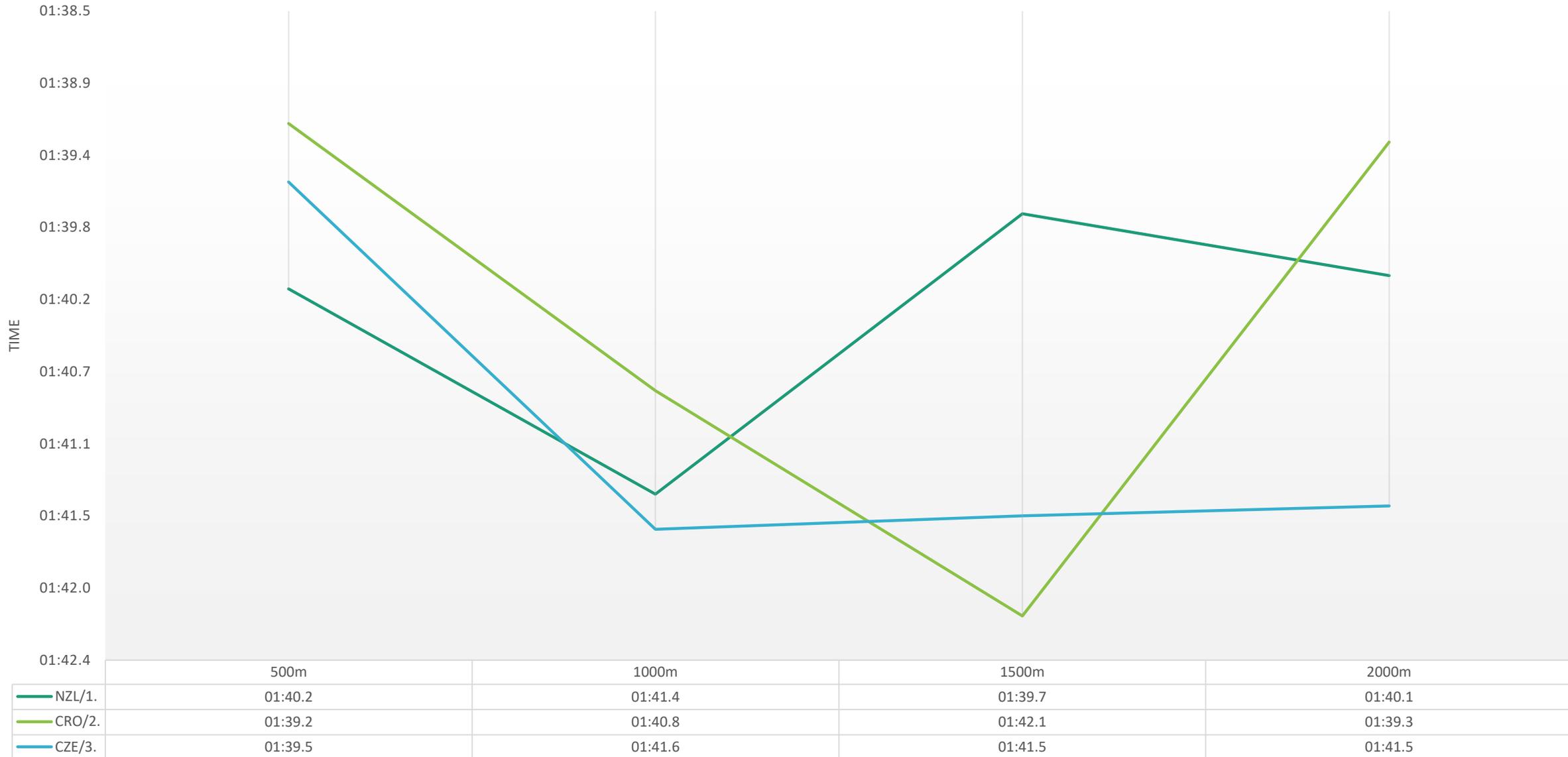
*Race Profiles Open Men-Rio Winner*  
*2-/4-/8+*



2- 4- 8+

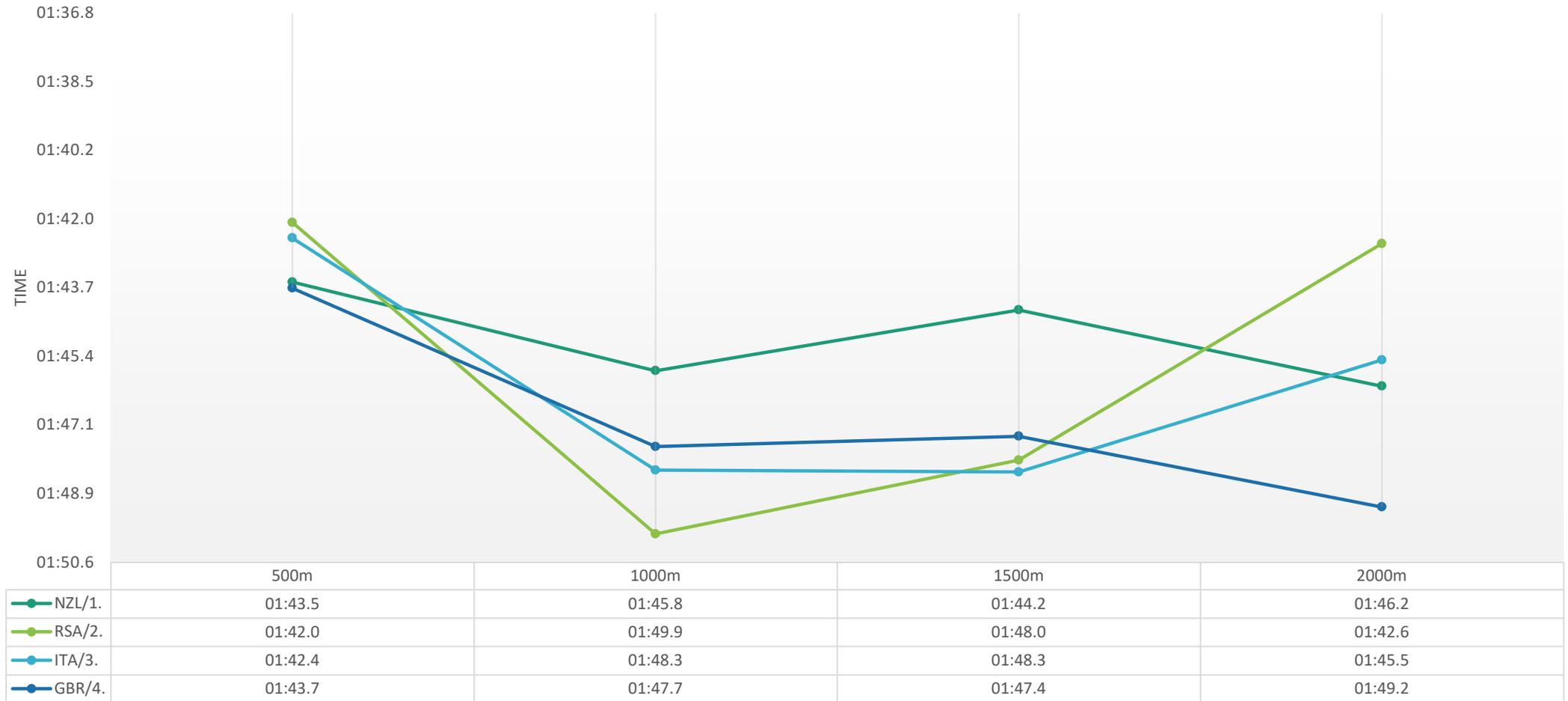
# Race Profiles - Rio 1x Final

## 1.-3.Place



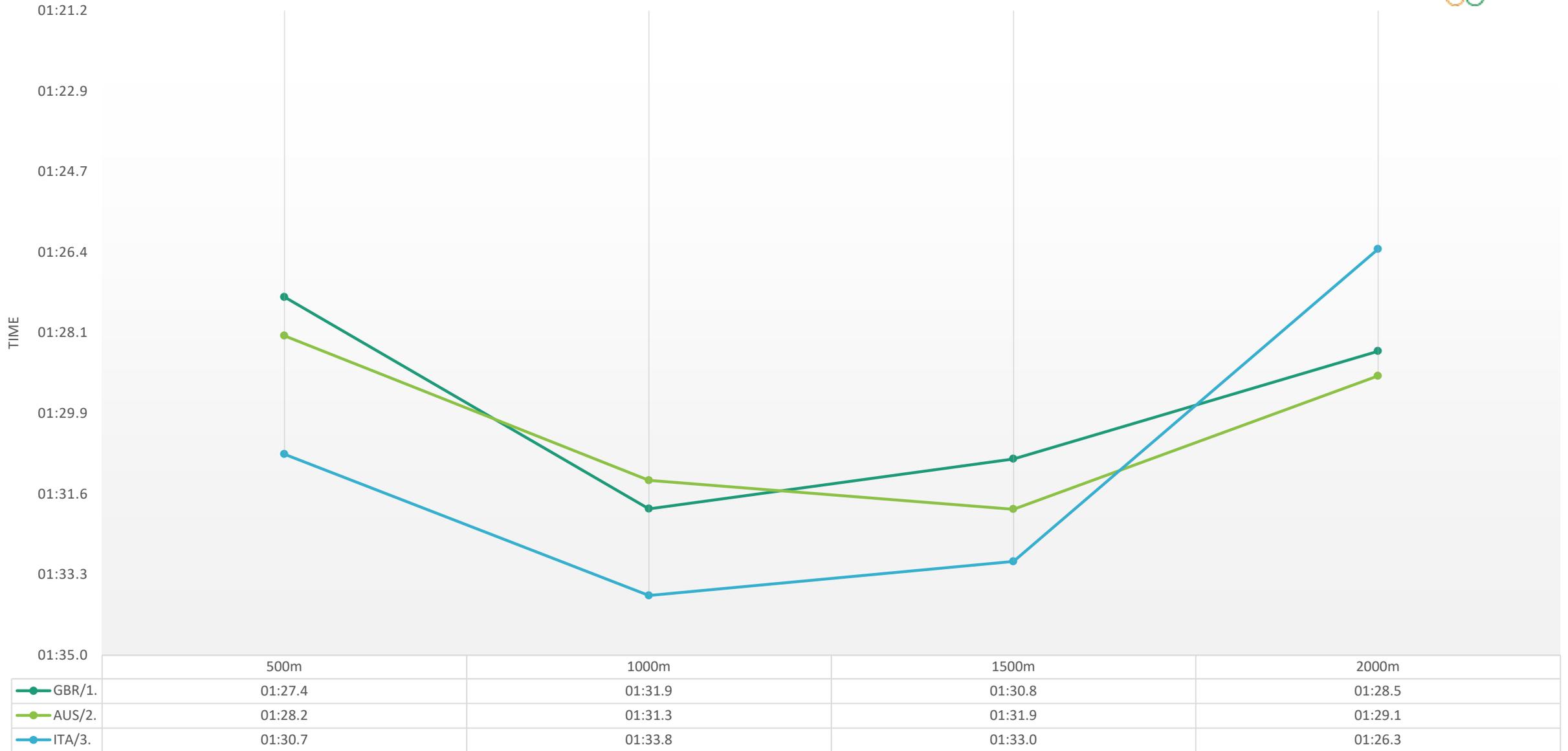


# Race Profiles - Rio 2- Final 1.-4.Place



# Race Profiles - Rio 4- Final

## 1.-3.Place

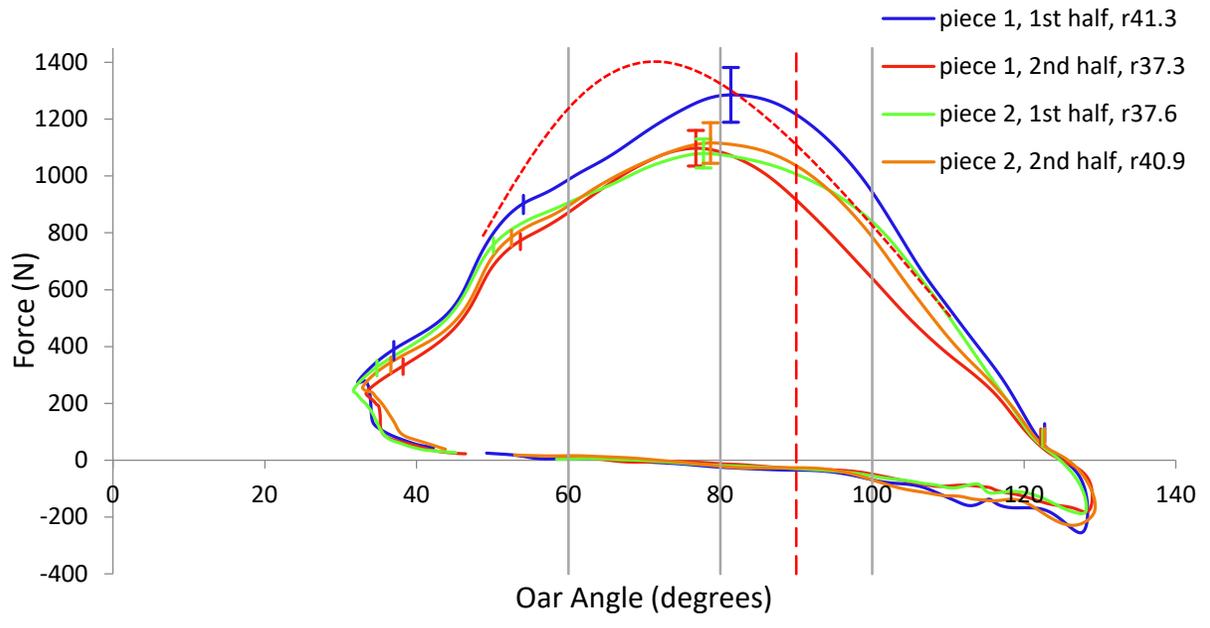
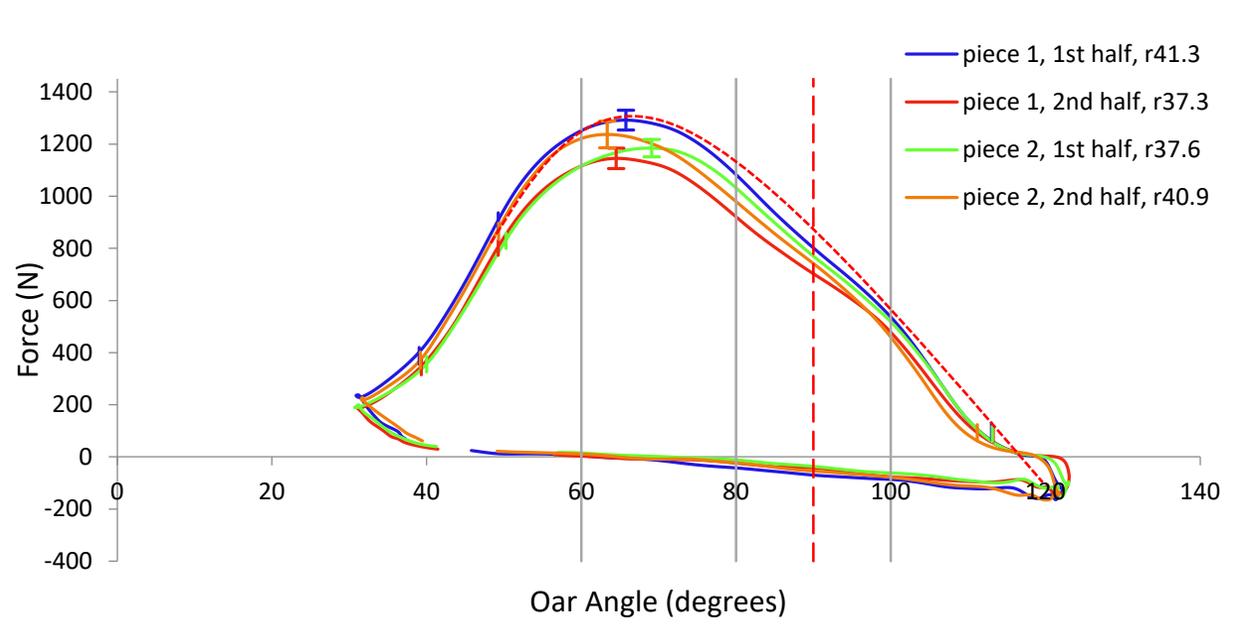
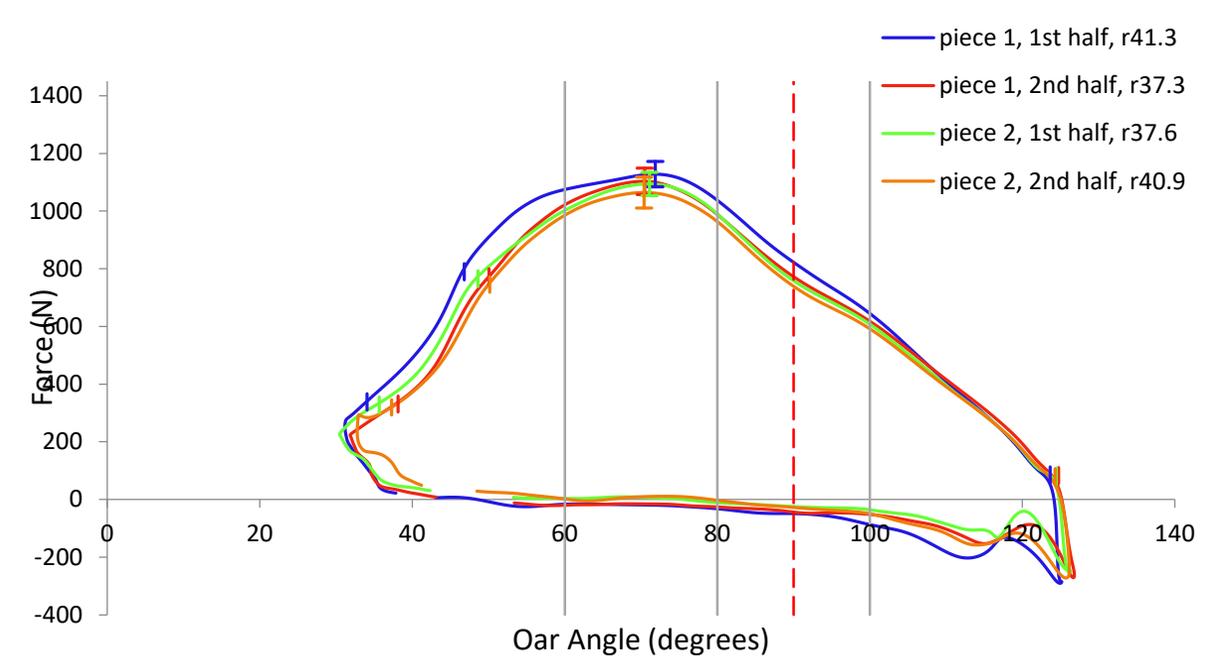
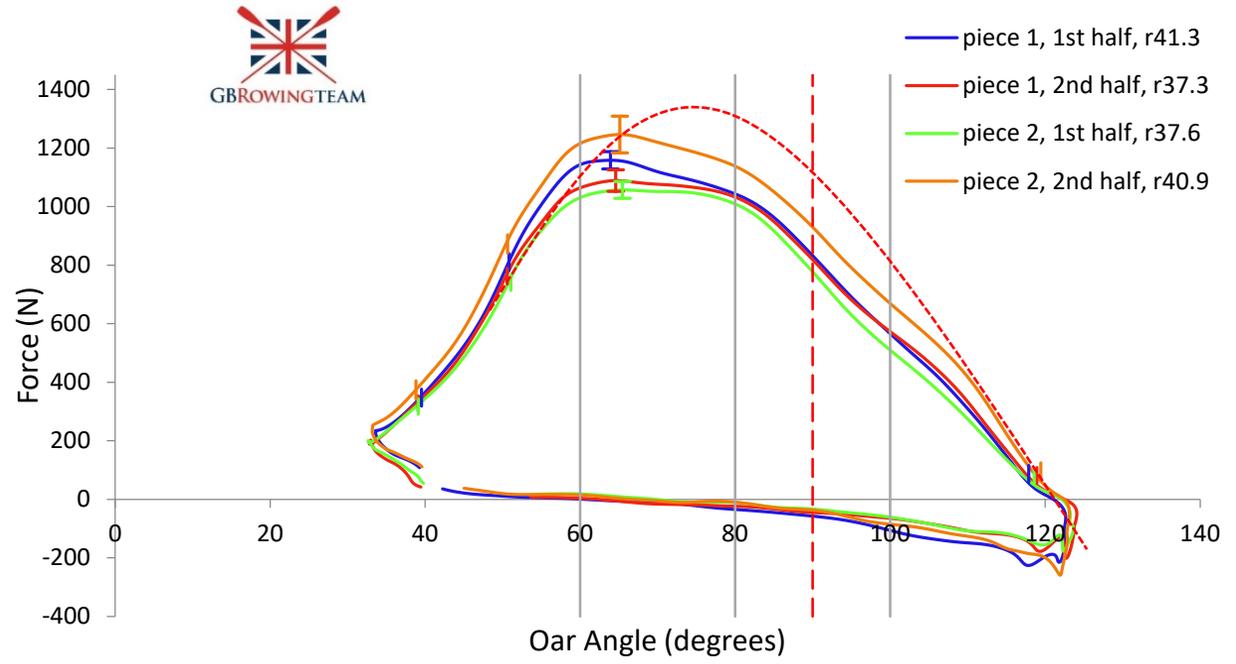


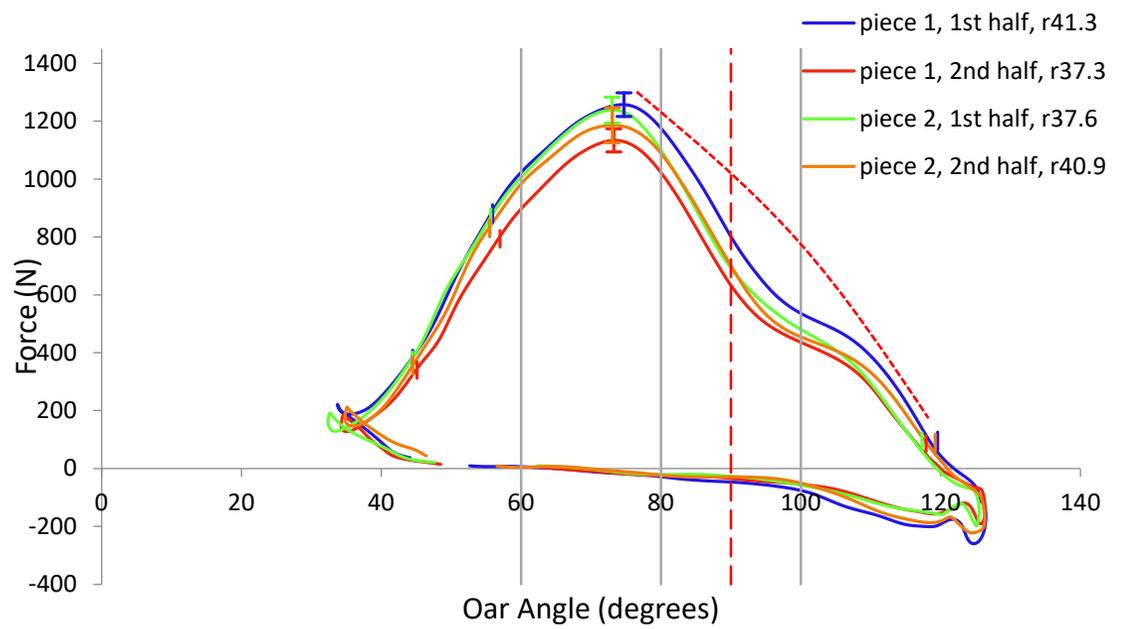
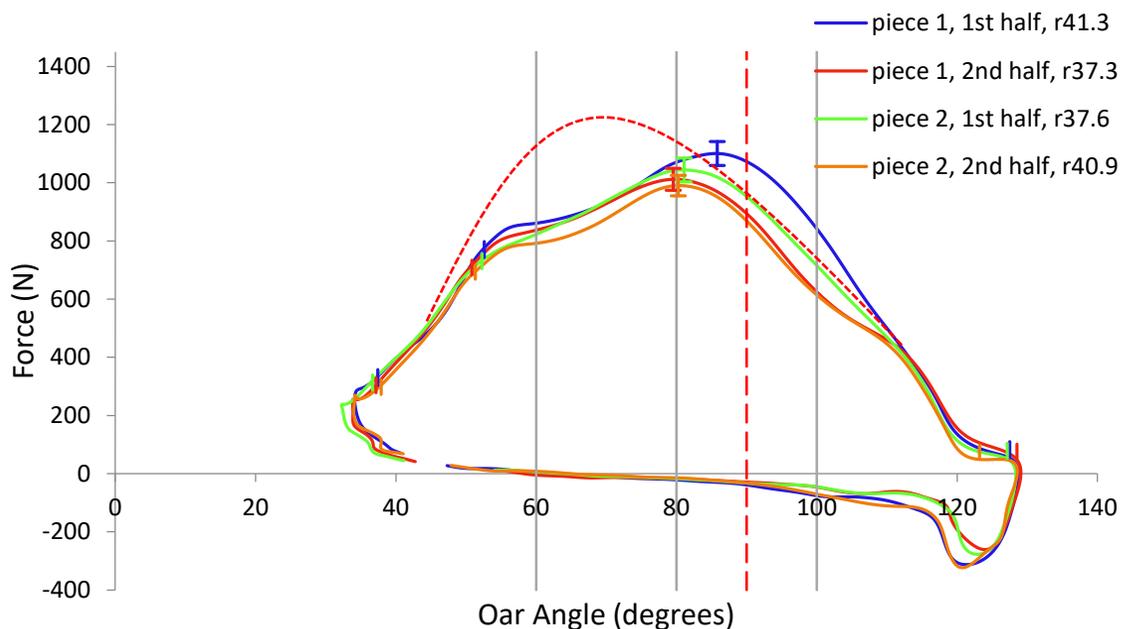
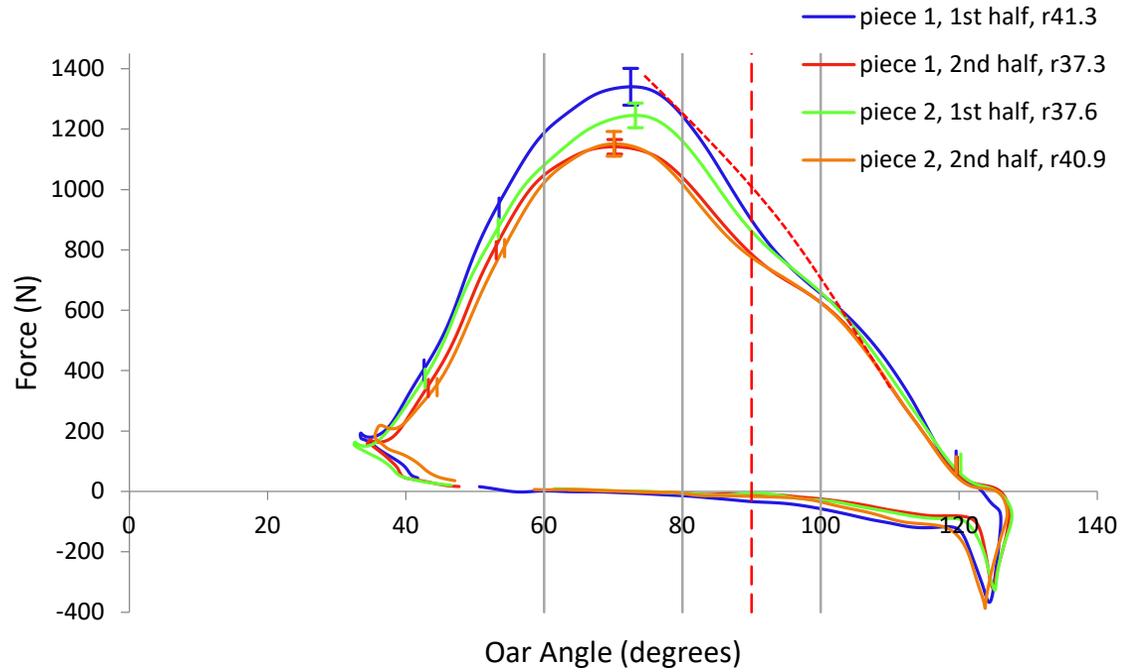
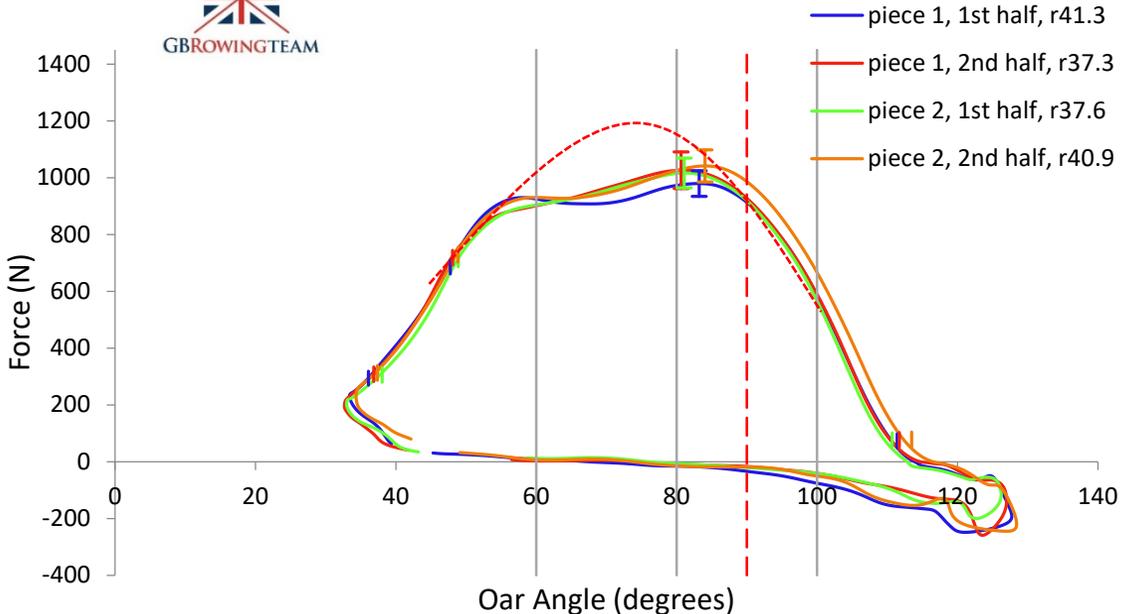
# Race Profiles - Rio 8+ Final 1.-3.Place



	500m	1000m	1500m	2000m
GBR/1.	01:20.4	01:21.2	01:24.8	01:23.3
GER/2.	01:21.0	01:23.0	01:24.9	01:22.0
NED/3.	01:21.8	01:22.6	01:24.7	01:22.6

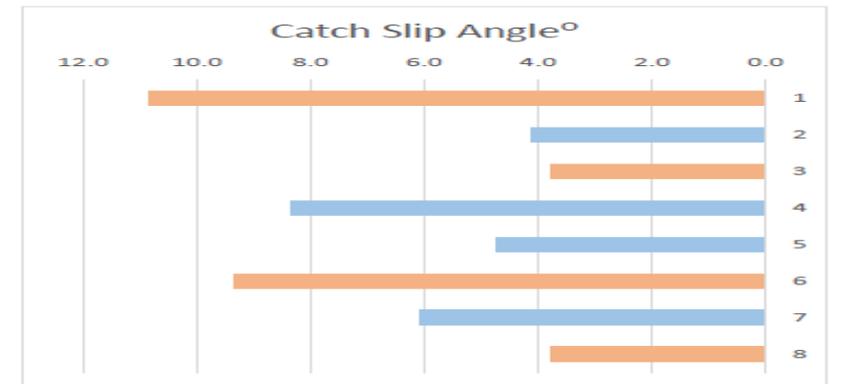
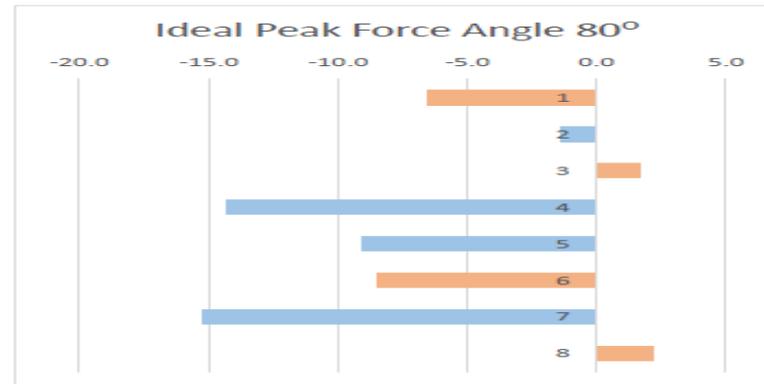
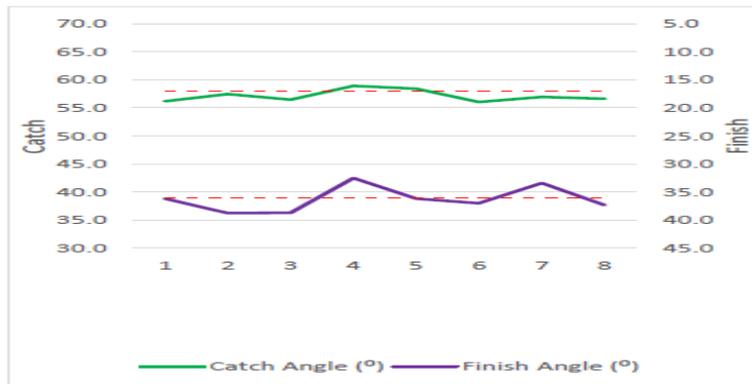
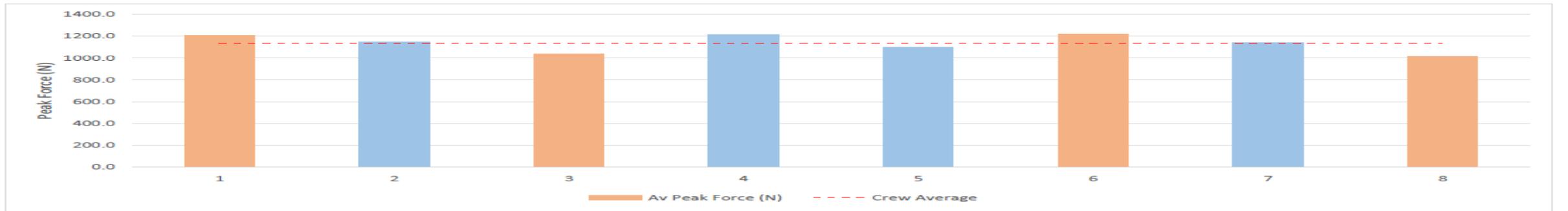


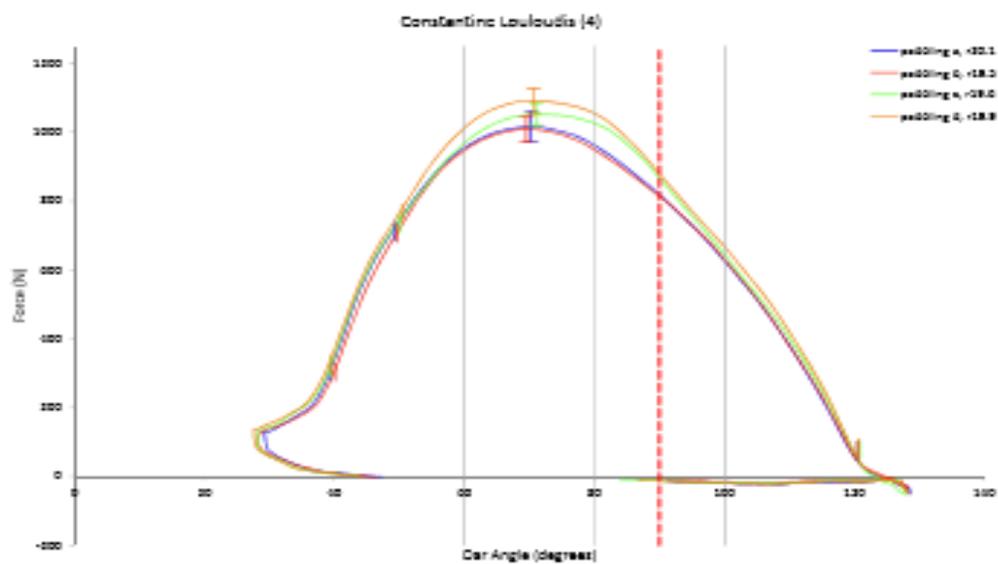
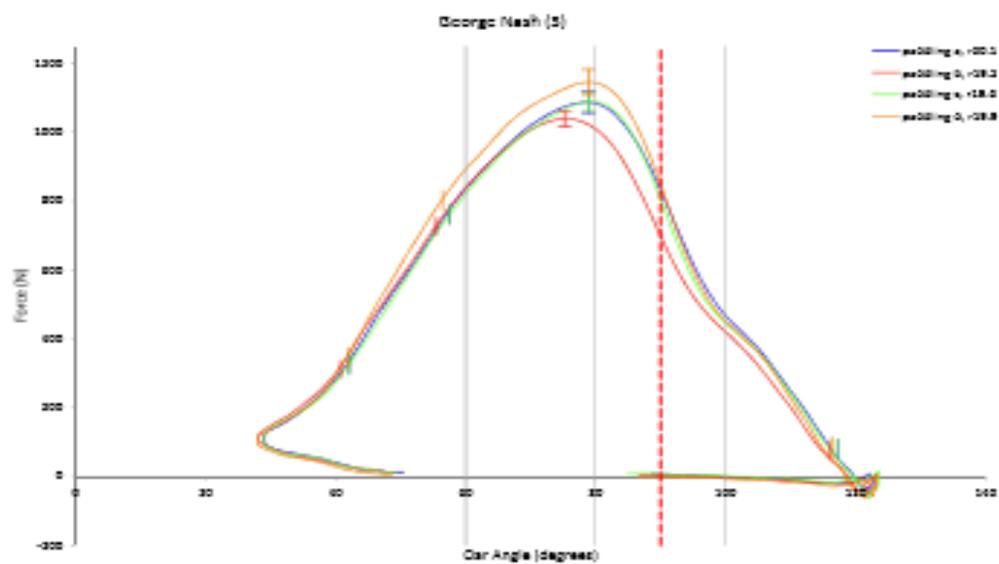
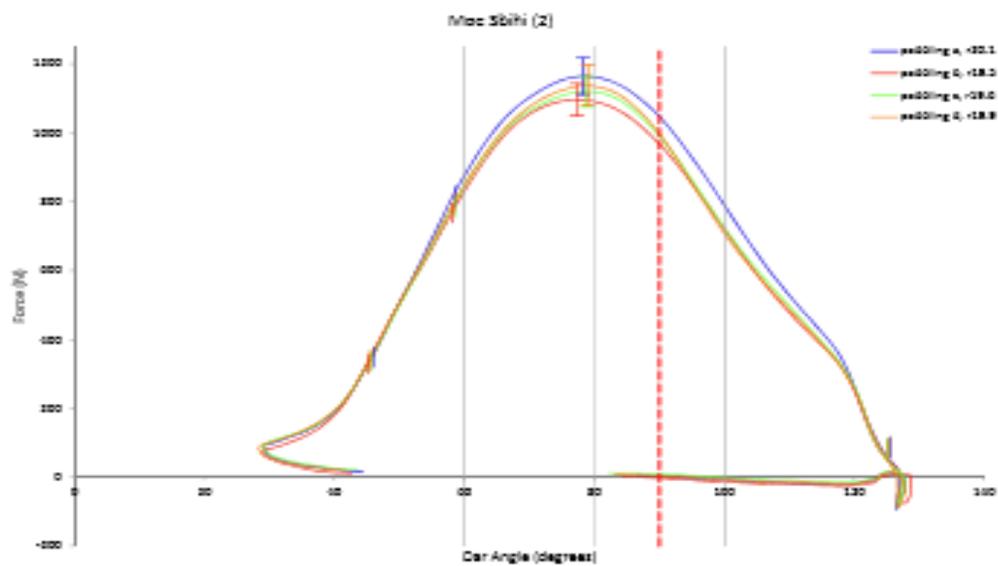
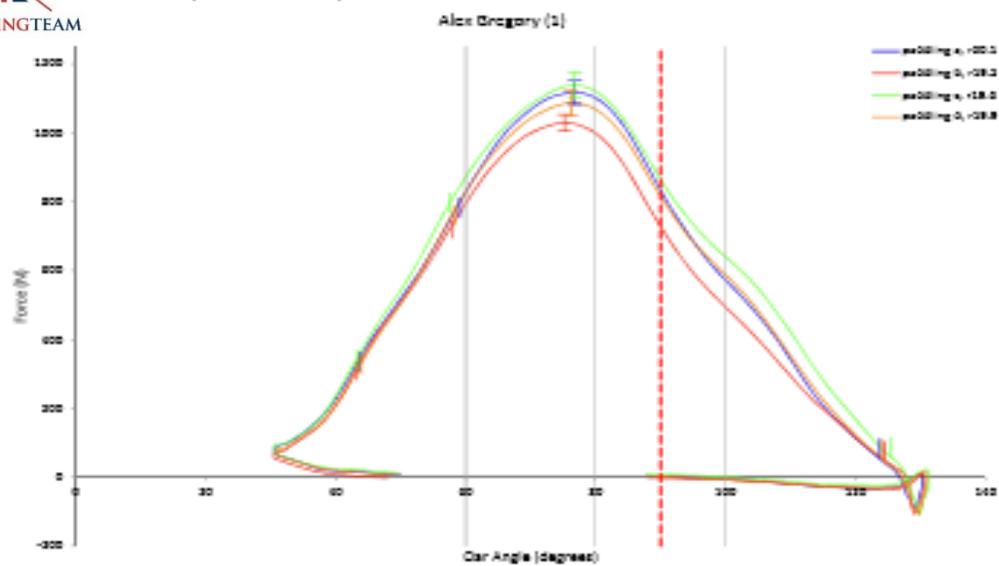


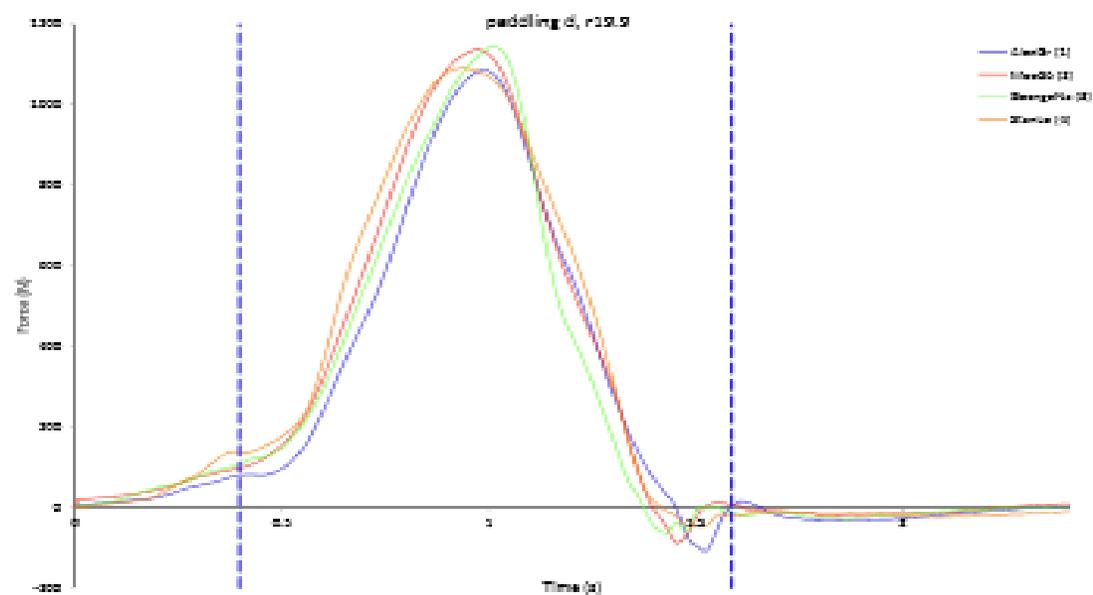
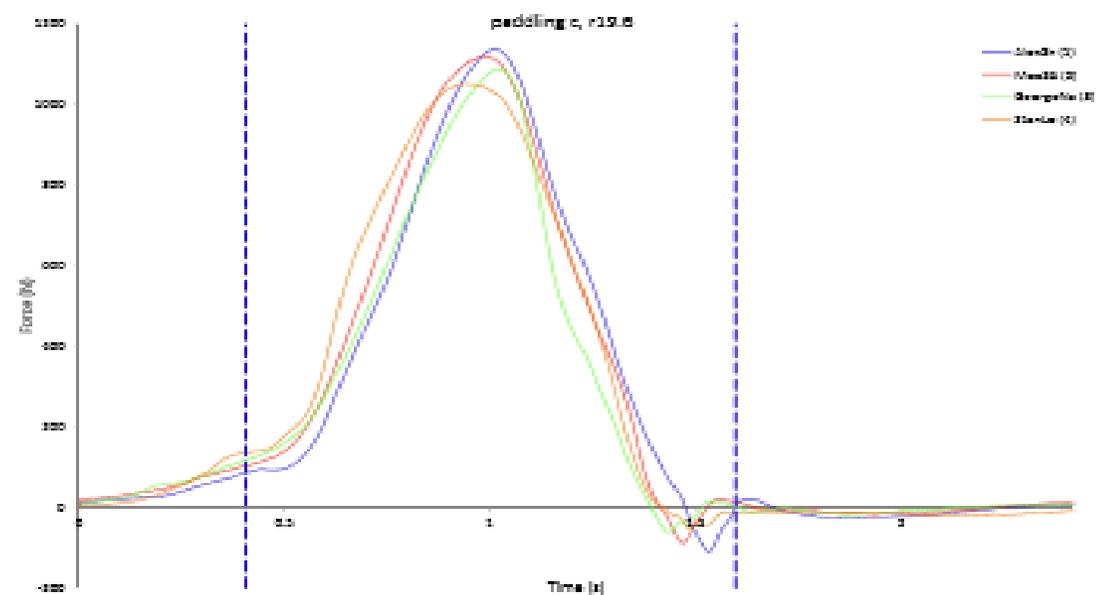
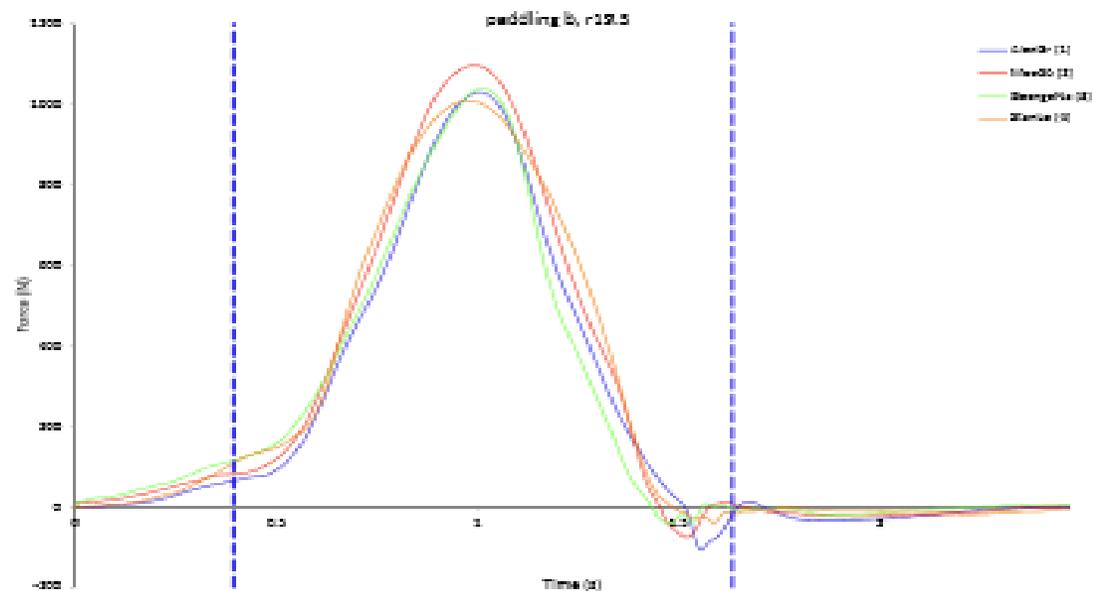
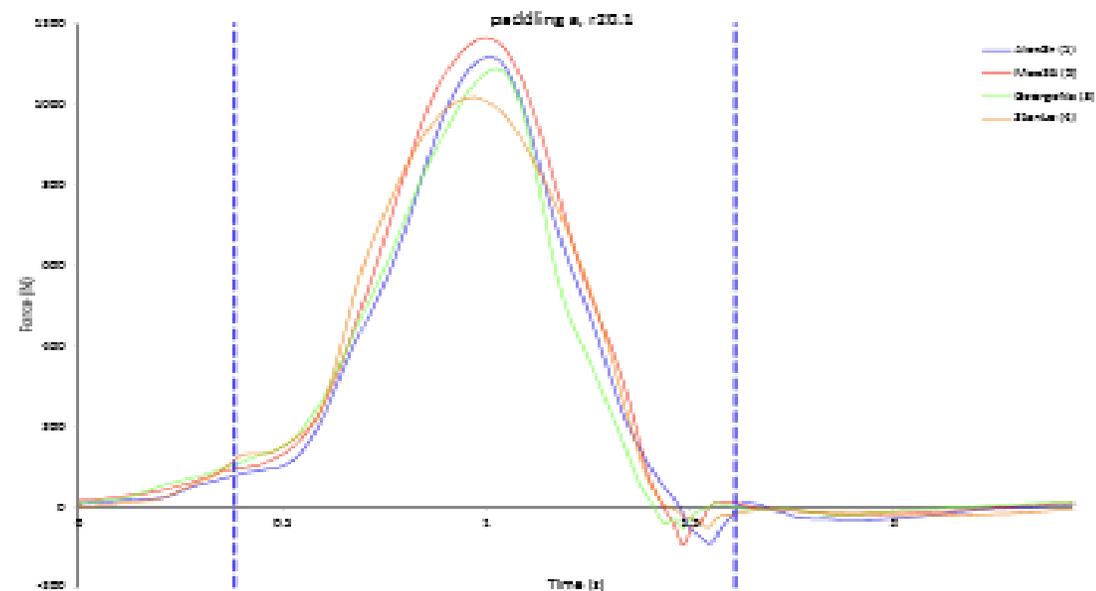


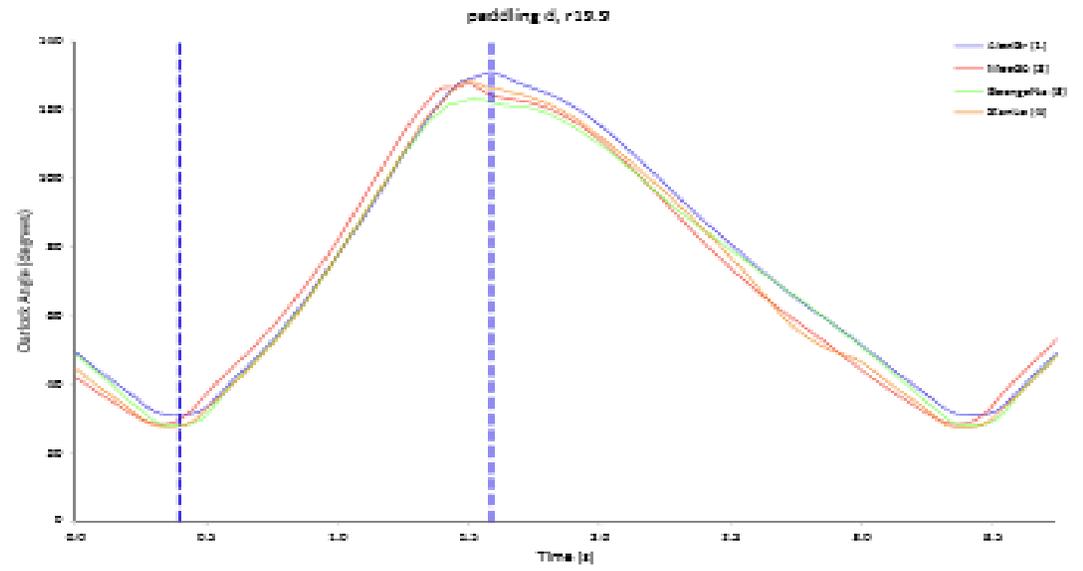
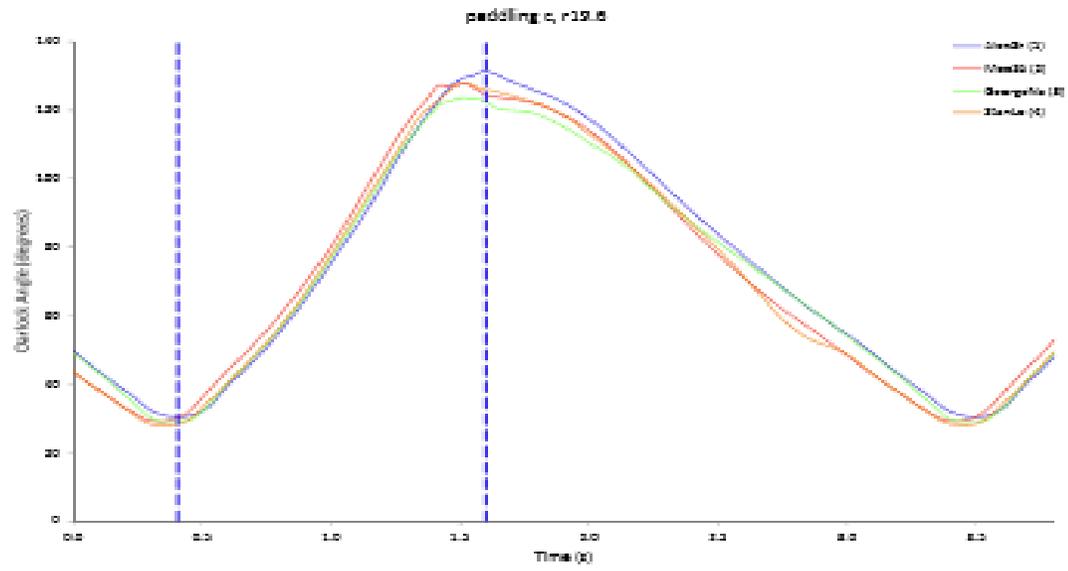
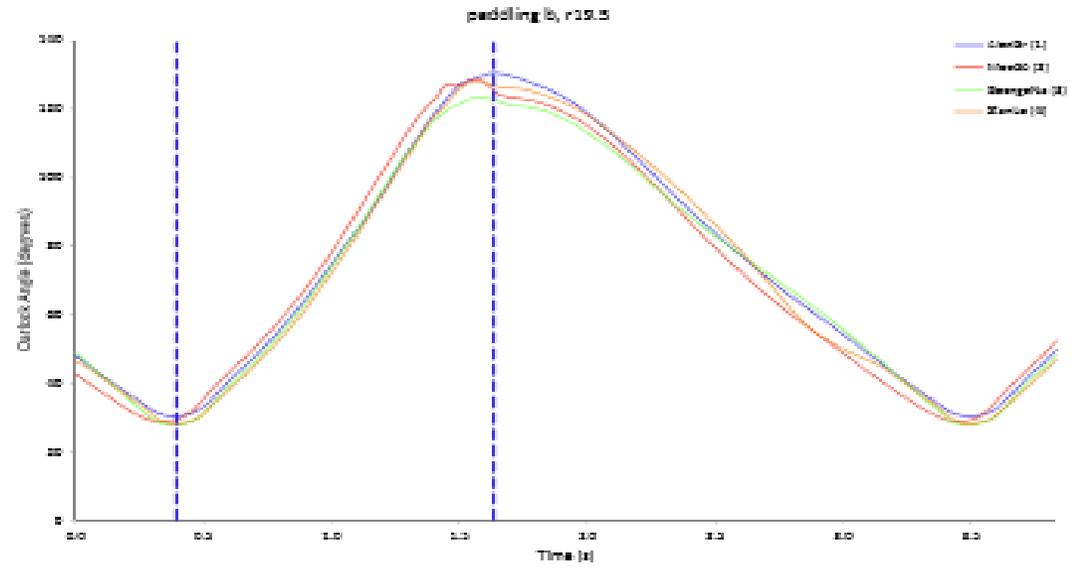
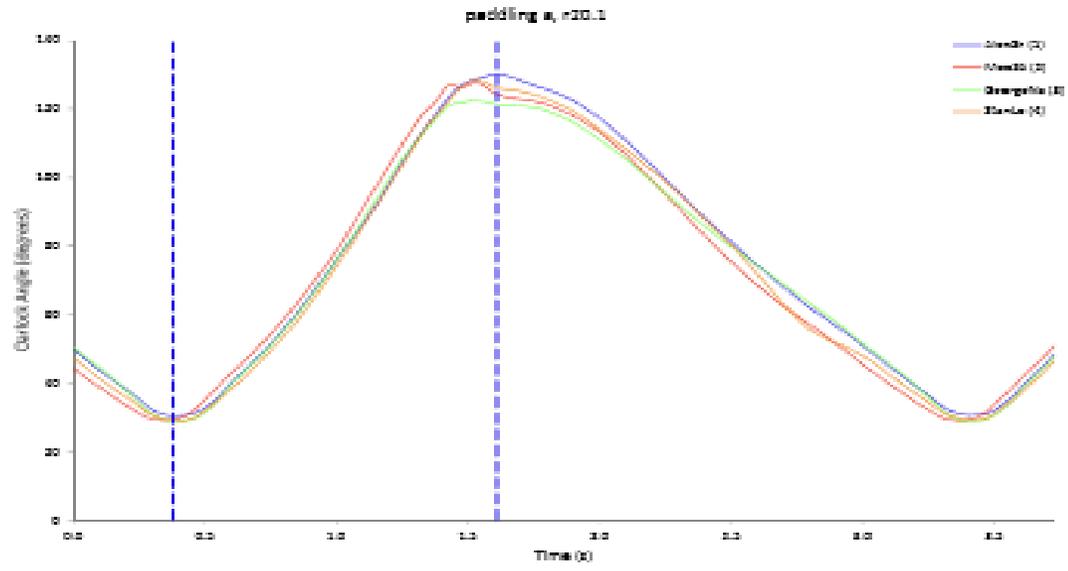


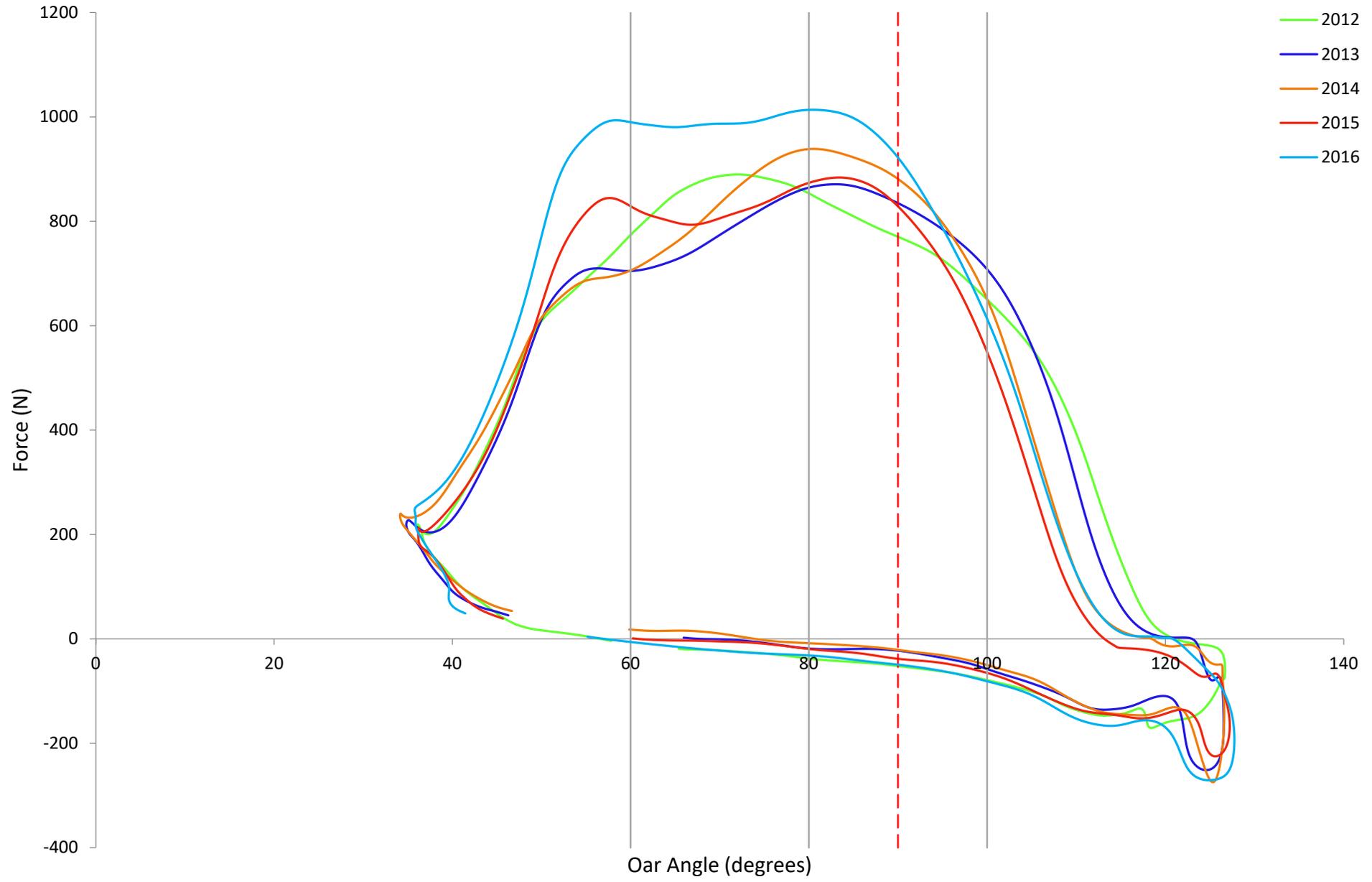
Seat	Av Power (W)	Av Peak Force (N)	Ideal 80°	Catch Angle (°)	Finish Angle (°)	Catch Slip (°)
1	403.0	1203.8	-6.5	56.2	36.2	10.8
2	489.3	1144.5	-1.3	57.5	38.8	4.1
3	444.5	1036.8	1.7	56.5	38.7	3.8
4	429.0	1214.5	-14.3	58.9	32.5	8.3
5	455.3	1097.3	-9.0	58.4	36.2	4.7
6	451.5	1219.3	-8.5	56.1	37.0	9.3
7	447.3	1137.5	-15.2	57.0	33.4	6.1
8	410.5	1015.5	2.2	56.7	37.3	3.8











Olympiad 2013-2016 - Olympic crew development & selection								
8+	2013		2014		2015		2016	
1	D.Ritchie		N.R.-O'Donnell		M.Gotrel		S.Durant	
2	T.Ransley		M.Tarrant		C.Louloudis		T.Ransley	
3	A.Gregory		W.Satch		P.Reed		A.Hodge	
4	P.Reed		M.Gotrel		P.Bennett		M.Gotrel	
5	M.Sbihi		P.Reed		M.Sbihi		P.Reed	
6	A.Hodge		P.Bennett		A.Gregory		P.Bennett	
7	G.Nash		T.Ransley		G.Nash		M.Langridge 2- 2015	
8	W.Satch		C.Louloudis		W.Satch		W.Satch	
Cox	P.Hill		P.Hill		P.Hill		P.Hill	
	<b>Gold</b>		<b>Gold</b>		<b>Gold</b>		<b>Gold</b>	
	15 Athletes raced in the GBR 8+ throughout the Olympiad							
	2 Athletes & the Cox raced all four Finals				3 Athletes raced three Finals			
	5 Athletes raced two Finals				2 Athletes raced one Final			
4-	2013		2014		2015		2016	
1	A.Sinclair 2- 2016		A.Gregory		S.Durant 8+ 2016		A.Gregory 8+ 2015	
2	N.R.-O'Donnell		M.Sbihi		A,Sinclair 2- 2016		M.Sbihi 8+ 2015	
3	S.Durant 8+ 2016		G.Nash		T.Ransley 8+ 2016		G.Nash 8+ 2015	
4	M.Tarrant		A.Hodge 8+ 2016		S.Innes 2- 2016		C.Louloudis 8+ 2015	
	<b>5th</b>		<b>Gold</b>		<b>Bronze</b>		<b>Gold</b>	
	11 Athletes raced in the GBR 4- throughout the Olympiad							
2-	2013		2014		2015		2016	
1	O.Cook		M.Langridge		M.Langridge		S.Innes 4- 2015	
2	J.Foad		J.Foad		J.Foad		A.Sinclair 4- 2015	
	<b>7th</b>		<b>Silver</b>		<b>Silver</b>		<b>4th</b>	
2+	2013		2014		2015		2016	
1			A.Sinclair		N.R.-O'Donnell		O.Cook	
2			S.Durant		M.Tarrant		C.Mc Brierty	
Cox			H.Fieldman		H.Fieldman		H.Fieldman	
			<b>Silver</b>		<b>Gold</b>		<b>Gold</b>	

## Eights development throughout the Regatta Saison 2016

### European Championships Brandenburg/GER

Bow side	Cox	Stroke side
	P.H	
	8	W.Satch
M.Langridge	7	
	6	A.Hodge
P.Reed	5	
	4	P.Bennett
T.Ransley	3	
	2	S.Durant
M.Gotrel	1	

### II.World Cup Lucerne/SUI

Bow side	Cox	Stroke side
	P.H	
	8	W.Satch
T.Ransley	7	
	6	A.Hodge
A.Sinclair	5	
	4	P.Bennett
M.Langridge	3	
	2	S.Durant
M.Gotrel	1	

### III.World Cup Poznan/POL

Bow side	Cox	Stroke side
	P.H	
	8	W.Satch
M.Langridge	7	
	6	P.Bennett
P.Reed	5	
Gotrel	4	
	3	A.Hodge
T.Ransley	2	
	1	S.Durant

### Olympic Games Rio/BRA

Thanks for your attention and for all of us a  
good journey to  
*“Tokyo 2020”*



PLOVDIV 2018



**WORLD ROWING  
CHAMPIONSHIPS**



#RowingIsOurPassion

