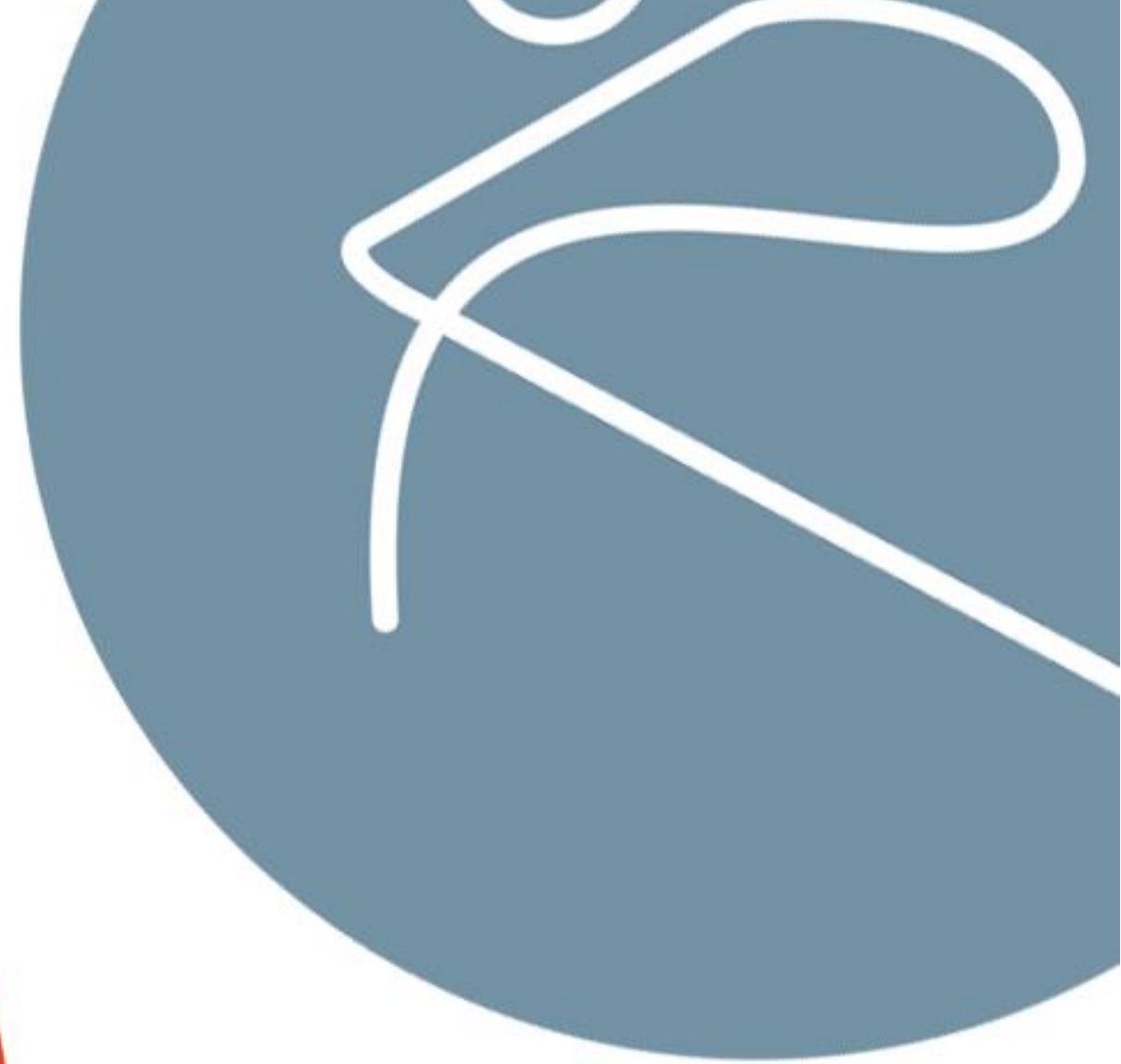


Fisa coaches conference 2019

Powerpoint made by: Thomas Berner Poulsen



How much volumen

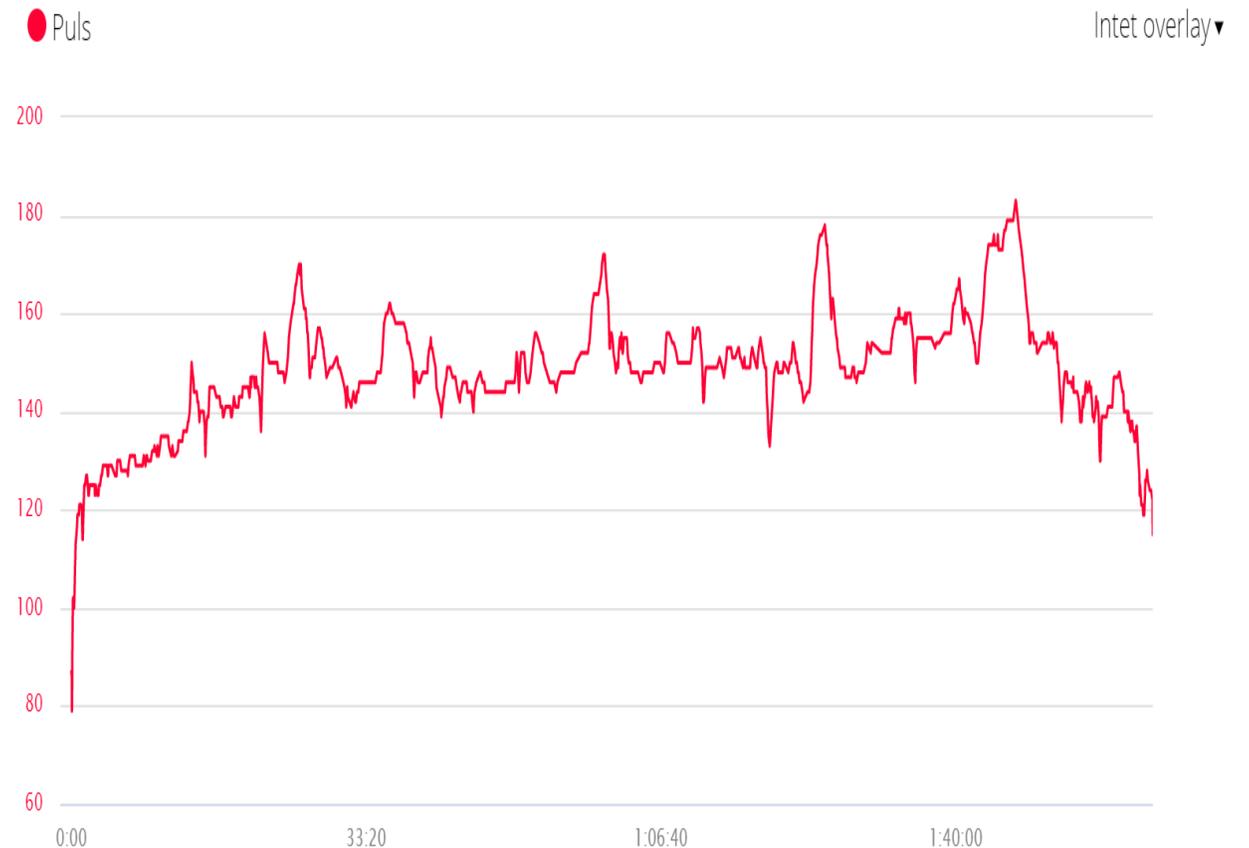


DANSK FORENING FOR ROSPORT

ZOOM

X

- On average: 20 hours in average per week
maximum:25 hours
minimum:15 hours
Polarized training
- 5 intensities zones
- Zone as a % of heartrate reserve
 - A 100-94
 - B 93-86
 - C 85-78
 - D 77-66
 - E 59-44



Uge	32	1	2	3	4	Sum
	Index	Type	Program		Tempo	Km
Mandag	950	W	vægtræning 1/1 pas		0	[REDACTED]
05-08-2019						
	850	0	Fri		0	
Tirsdag	622	D	80min (2-5min pause for hver 20min)		22	
06-08-2019						
	255	B	4 x (3+2)/5 min		30/32	
Onsdag	68	A	3x50/430sek pause +7x40/320 sek pause		40+	
07-08-2019						
	800	E	St.teknik - 12 km		20	
Torsdag	81	A	3x1250m/10min		kap	
08-08-2019						
	800	E	St.teknik - 12 km		20	
Fredag	77	A	3x1000m + 500m		kap	
09-08-2019						
	800	E	St.teknik - 12 km		20	
Lørdag	648	D	5x2km/ 4min pause		24	
10-08-2019						
	850	0	Fri		0	
Søndag	308	B	4 x4 min/ 4min		32	
11-08-2019						
	901	E	Alt. Træning - evt svøm/løb/MTB-cykling		0	

Definering af kategorier

- A = 34 --> = Anerob, produktion og tolerancetræning, iltoptagelse
 B = 28 --> = Aerob træning, iltoptagelse
 C = 22 --> = Aerob træning, udholdenhed, kredsløbstræning
 D = 18 --> = Teknik og bevægelighedstræning, udholdenhed
 E = Teknik og restitution

Opvarming : 2-6 km afhængig af programmets art.

Aftrøning : 2-4 Km, afhængig af hvor programmet slutter på en bane

Km i alt

0

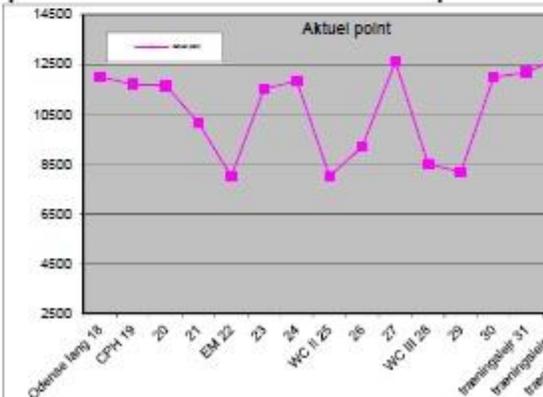
Tid i alt

0

Sum tid

607

Noter	Karakter
lave 2x 1250+1000	
3x1000	



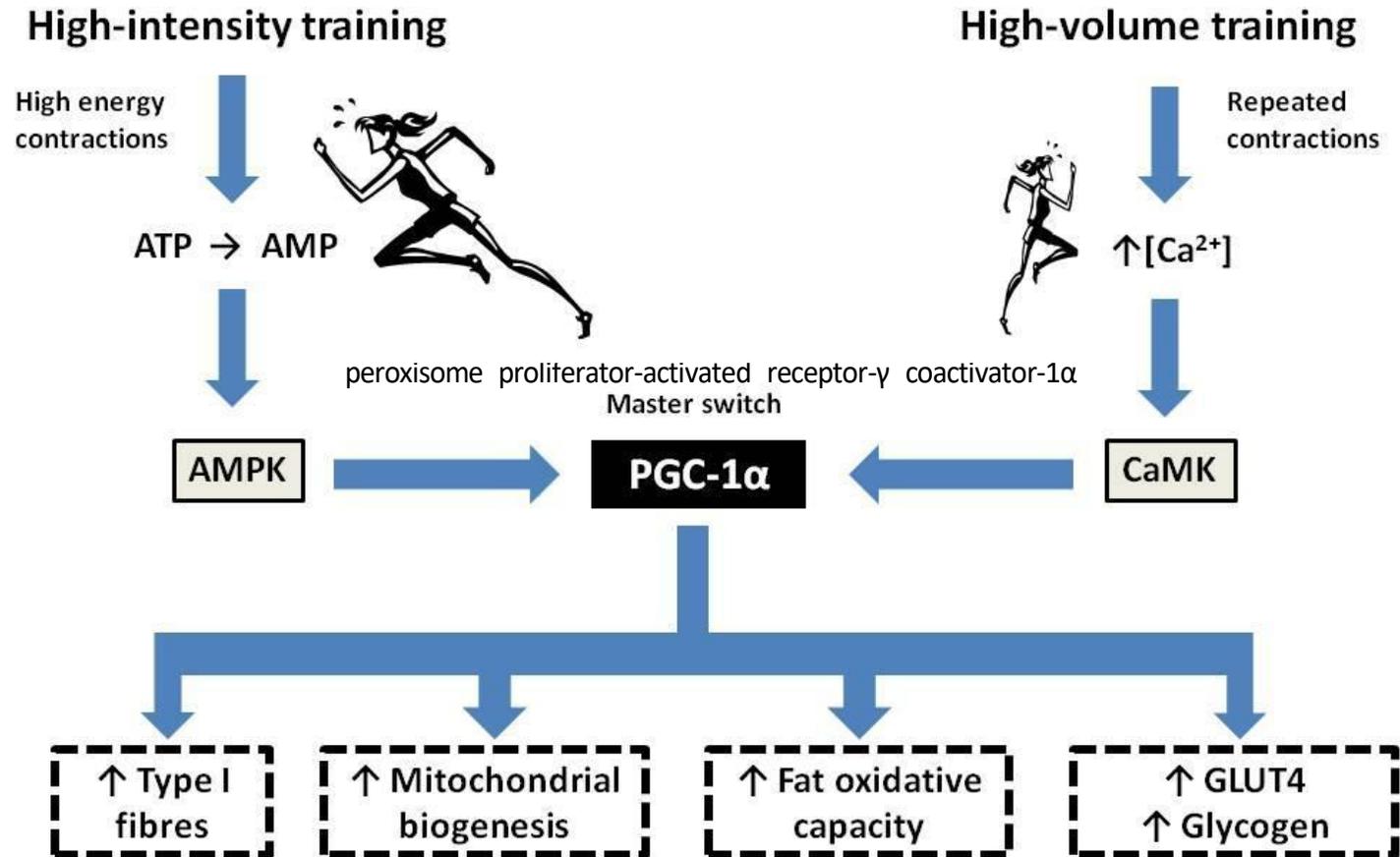
DANSK FORENING FOR ROSPORT

Change in training in the Danish National Team



- Lightweight rowing is phased out
- Training before the Olympics 2016
- Both volumen and intensities training work

Meta-analysis of high volume and high intensitie training



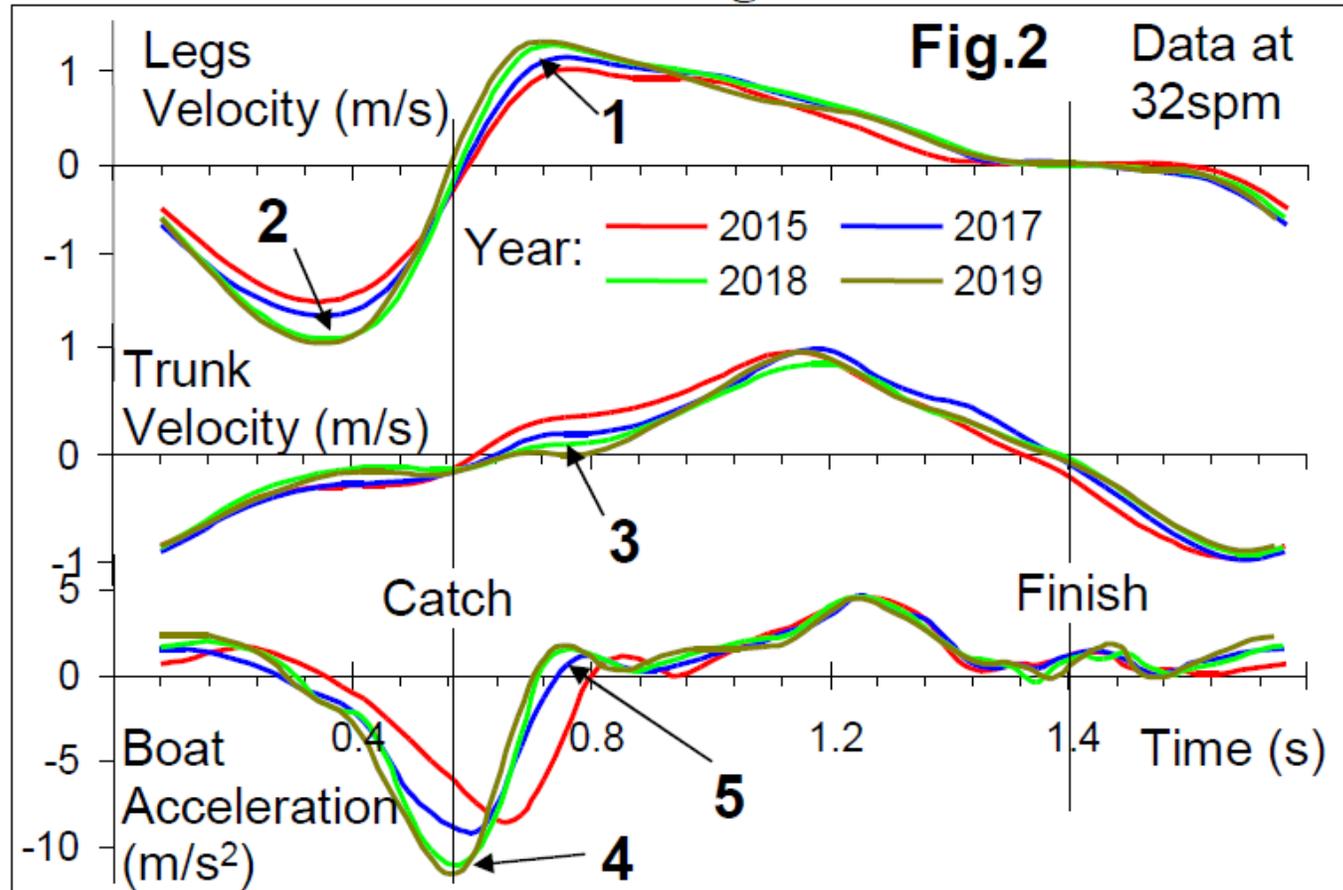
Technique in denmark

- No secrets, basic technique
- Legs
- Trunk
- Arms

- Boat-feeling
- Timing
- Don't destroy the water



Example: Mens 1x



- Boatfeeling: put on words
- Timing at catch: changing direction
- Sequences/timing: legs-trunk-arms
- Recovery
- Most important.: feeling of own body and boat working together

- Biomechanical improvement from last year
- More legs speed and earlier peak
- Increased legsspeed befor catch
- Uses trunk later
- 16% more force and 7% longer stroke, in kombination 23% more rowing power
- Progress on erg 3%

Valery Kleshnev



Selection for the Danish national team

- Procedure for selection
- Test regatta
- Ergometer test
- Secondary criteria
- Presence principle
- Rowers living in other countries

The planned process

Proces for invited rowers

- First session: 27-28 oktober. Invited rowers are expected to participate in training on a daily basis.
- First selection: mid - november. Coaches make the first selection based on best possible objective and professional assessment of the rower's technical, physical, and mental skills.
- Second selection : 01 January. After this we only work with small groups
- The crew is selected in late March

Selection

We define it by:

” selection based on best possible objective and professional assessment of the rower’s technical, physical, and mental skills. ”



Evaluations of physical qualifications

- 2km ergometer result
- Personal PR 2km and how often and how close PB? (once in a life time)
- Test week – 6km, 2km, 1min, 100m
- VO2 Max measurements
- Daily training results on ergometer – often says more than a single test
- Training robustness
- Ability to adapt to exercise
- body dimensions

Evaluation of technical qualifications



- Has the rower been tested before – technical changes since last test
- Adaptation to rowing style?
- are adaptations permanent or periodic?
- Ability to feel and copy teammates?
- Influence of teammates' technique?
- Ability to feel boatspeed?
- Can the rower transfer the technique from low to high rate?

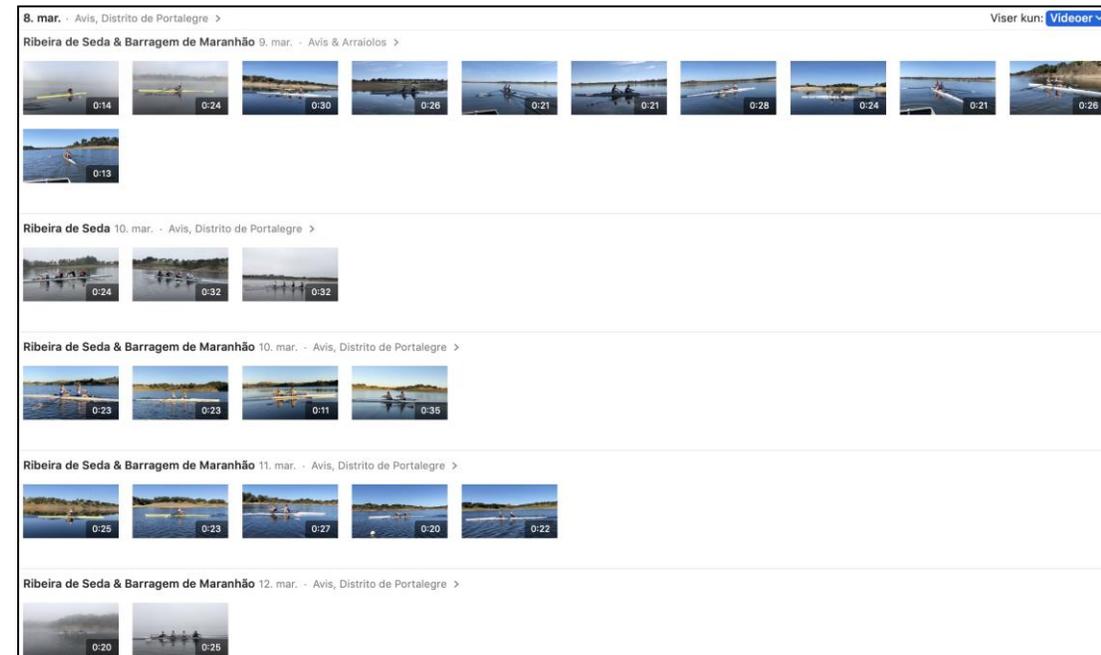
Evaluation of mental skills

- Ability to work hard for long or short periods?
- Ability to train hard and train a lot?
- How is there relation to teammates and coaches in tense situations?
- "Drainer" or radiator?
- What is the objective (goal)?to be on the team ,qualify for the Olympics, medal, identity, or other ?
- Ability and will to prioritise in everyday life?
- Ability to perform when it matters?

Qualifications are also assessed by



- Biomechanical testing
- Heart rate monitoring
- Development of speed during fall and winter
- Video analysis within the group of coaches on the National team
- Input from other coaches
- Former results compared with current performance level
- Dialogue in training, meetings



Challenges with the selections process



- Selections is ultimately based on the coache's professional evaluation, believe and experience
- The arrival of university rowers in UK & USA requires more selection in the spring
- how much do we need to change the training programmes leading up to the new season, because of the selection
- Tired or injured rowers can make the selections process longer
- The weather during fall and winter, can make technical evaluations difficult
- The rower's open approach to the process is essential

Do you have any questions?

If so, i will answer them if you buy me a beer

.....Thank you for your attention!