

Table of Contents

1. Current Trends

a. New on the Scene - The Big Blades - <i>Klaus Filter</i>	1
b. Do You Need Hatchets to Chop Your Water? - <i>Volker Nolte</i>	5
c. Training in High Altitude - <i>Ulrich Hartmann and Alois Mader</i>	13
e. Rigging Tables - 1996 Olympic Games	17
d. Rigging Tables - 1996 FISA World Rowing Championships	21

2. Advanced Rowing Technique

a. A Comparative Analysis of the GDR and Adam Styles - <i>Theo Körner</i>	27
b. Force Patterns on the Oarlock - <i>Theo Körner</i>	33
c. Comments on Körner's Theory – <i>Jim Joy</i>	38
c. An Analysis of Women's Rowing and Sculling Technique - <i>Penny Chuter</i>	39
d. Identification and Correction of Errors - <i>FISA Competitive Commission</i>	65

3. Biomechanics of Rowing

a. Introduction to the Biomechanics of Rowing - <i>Volker Nolte</i>	83
b. Applying Biomechanics to Improve Rowing Performance - <i>Peter Schwanitz</i>	92
c. Physiological - Biomechanical Aspects of the Load Development and Force Implementation in Rowing - <i>Walter Roth</i>	105

4. Advanced Physiology

a. Heart Rate and Lactate During Endurance Training Programs in Rowing and its Relation to the Duration of Exercise by Top Elite Rowers - <i>Ulrich Hartmann, Alois Mader and W. Hollmann</i>	121
b. Physiological Measurements - <i>Fritz Hagerman</i>	129
c. Physiological Evolution of the Rowing Athlete - <i>Fritz Hagerman and Kumika Toma</i>	136

5. Women's Issues

a. Problems of High Performance Female Athletes - <i>Moirra O'Brien</i>	145
b. The Physiology of Women - <i>Helen Lenskyj</i>	149
c. Exercise and Reproductive Function - <i>Helen Lenskyj</i>	156

6. Training Theory and Planning

- a. Annual Planning, Periodisation and Variations - *Tudor Bompa* 161
- b. Background and Experience with Long Term Build-up Programmes for High Performance Rowers - *Theo Körner* 167
- c. Identification and Guidance Scheme of GDR - *Theo Körner* 183
- d. Analysis of the Italian National Training Program for Rowing - *Kurt Jensen, Thor Nilsen and Matt Smith* 195
- e. From a Beginner to a Successful International Rower - *Dieter Altenburg* 203

7. Overtraining and Regeneration

- a. Failing to Adapt to Training - *Fritz Hagerman* 205
- b. Rowing in Hot Weather - *Fritz Hagerman* 213
- c. Training in Extreme Environments - The Need for Rehydration - *Ronald Maughan* 219
- d. Fluid Replacement - *Ronald Maughan and T. Noakes* 221

8. Peaking and Race Preparation

- a. Peaking for the Major Competition - *Tudor Bompa* 229
- b. The Taper Period - *Ernest Maglischo* 241

9. Monitoring and Performance Assessment

- a. Crew Selection - *Kris Korzeniowski* 249
- b. Applied Rowing Ergometer Testing - *Fritz Hagerman and Kris Korzeniowski* 257

10. Nutrition for Rowing

- a. Comparison of Energy Output and Input among Elite Rowers - *Fritz Hagerman and Marjorie Hagerman* 267
- b. The Training Diet - *Marjorie Hagerman* 273

11. Mental Training and Psychology

- a. Willing to Win (excerpts) - *Willi Railo* 287
- b. Developing Attentional Skills for Rowing - *Christopher Horsley* 315

12. Management and Coaching

- a. Coaching Style of Management - *Frank Dick* 323
- b. Elite Sports and Coaching Development of the Future - *Thor Nilsen* 327