

Junior Training (Sculling)

Your Route to National and International Competition

Rowing Training

1. On Land Training
 - A. Erg
 - B. Cross Training
 - C. Weight Training
2. Water Training
 - A. Small Boat 1x (2-)
 - B. Middle Boat 2x (4- / 4+)
 - C. Big Boat 4x (8+)

Rowing Training

* Water Training and Erg Training should contain the same workouts and intensities!!!

◆ Low Intensities	70 – 85%
◆ Low to Medium Intensities	5 – 15%
◆ Medium to High Intensities (AT-Work)	5 – 10%
◆ High to Very High Intensities (over AT)	2 – 4%
◆ Speed Work	< 2%

Volume Per Week for different Skill and Performance Levels

Volume Per Week	High School Program Novice to Medium Level	Competition Regional Champs	Youth National Champs	HP CanAmMex Club Nationals	Junior National Team
Minutes / Hours Total Volume	180 – 360' 3 – 6 hours	300 – 540' 5 – 9 hours	360 – 600' 6 – 10 hours	480 – 840' 8 – 14 hours	600 – 1200' 10 – 20 hours
Rowing (Water or Erg) Minutes /Hours Kilometers	180 – 360' 3 – 6 hours 20 – 40 km	240 – 480' 4 – 8 hours 40 – 60 km	300 – 480' 5 – 8 hours 50 – 70 km	360 – 600 6 – 10 hours 60 – 100 km	420 – 720' 7 - 12 hours 80 – 140 km
Weight Training (Adaption, Max., Explosive, Endurance)	60 – 120' 1 – 2 hours	60 – 120' 1 – 2 hours	120 – 180' 2 – 3 hours	120 – 240' 2 – 4 hours	180 – 360' 3 – 6 hours
Cross Training (Run, Bike, X-Skiing, Swim etc.)	60 – 120' 1 – 2 hours	60 – 120' 1 – 2 hours	60 – 120' 1 – 2 hours	90 – 180' 1.5 – 3 hours	120 – 360' 2 – 6 hours
Stretching, Yoga etc.	30 – 60' .5 – 1 hour	60' 1 hour	60' 1 hour	60' 1 hour	60 – 180' 1 – 3 hours

Junior Sculling National Team Development 2009 - 2011

	4x/2x Junior Women 2009 (9 th Place)	4x/2x Junior Women 2010 (6 th Place)	4x/2x Junior Women 2011 (4 th Place)	Change Junior Women 2009 - 2011	4x Junior Men 2011 (10 th Place)
2k Erg Scores At Camp	7:25	7:26	7:11	14"	6:21
PR	7:23	7:22	7:10	12"	6:19
Water Times	6:48 – 6:56	6:50 – 6:59	6:35 – 6:50	13"	6:05 – 6:15
Lactate Data A Start Selection Camp Phase 2	AT Watts 194 / 182 AT HR 184 / 190	AT Watts 190 / 180 AT HR 178 / 181	AT Watts 199 / 190 AT HR 184 / 191	5 Watts	AT Watts 284 AT HR 184
Lactate Data B End Selection Camp Phase 2			AT Watts 205 / 199 AT HR 175 / 185	11 Watts !!-9 / -6!!	AT Watts 293 AT HR 179