

Junior National Team Sculling 2012

(Dates and Training by Guenter Beutter, Junior National Team Sculling Coach)

2012 will be the fourth year that I will be in charge of the Junior Women Sculling National Team and the second year for the Junior Men Sculling National Team.

In order to continue the trend of improving throughout the whole team and in order to become a team that will be a medal contender at world championships throughout the whole team, I want to introduce the structure of the 2012 selection process. In addition I want to map out the training requirements and the cornerstones of "Junior National Team" Training.

Dates:

1. November 11th – 13th East Coast Fall Speed Order in Princeton/NJ (for all East Coast Sculling Juniors who want to be part of the Junior Sculling National Team).
2. December 16th- 18th West Coast ID/ Ranking Camp in Seattle/WA (for all West Coast Sculling Juniors who want to be part of the Junior Sculling National Team). Info on Junior National team Website.
3. January 5th-8th HP Camp for "All Athletes" nationwide at CRC California Rowing Club in Oakland/CA. Invitation only. Application Form and Information on Junior National Team Website!
4. March 3rd and 4th East Coast and West Coast ID/ Ranking Camps. More information will be posted on the website middle of January.
5. February/March first invitations for 2012 Selection and Development Camps. Last invitations July 10th.
6. End of March: GMS Rowing Center "Spring Season Kick Off" Camp. Aiken, SC. Invitations only.
7. July 11th – July 30th Junior Development Camps:
 - A. in Seattle (Co-ed)
 - B. in Pittsburgh (JM)
 - C. in New Milford (JW)
8. June 23rd – July 14th Selection Camp Phase 1.
 - A. JM in Seattle, WA. Invitation only
 - B. JW in New Milford, CT. Invitation only.
9. July 15th – August 8th Selection Camp Phase 2.
August 8th – August 19th Junior World Championships in Plovdiv, Bulgaria

In order to get an invitation to "Selection Camp" all athletes need to:

- A. Submit at least two 2k and two 6k "Erg-Scores" between November and April verified by a coach and send it to gmansystems@gmail.com.
- B. Attend at least one of the ID/HP/Speed Order Camps between November and April

TRAINING

No difference in Erg and Water Training

1. Land Training

- A. Erg
- B. Cross Training
- C. Weight Training

2. Water Training

- A. Small Boat
- B. Middle Boat
- C. Big Boat

3. Training Categories

- Low Intensity 70 – 85% of total volume
- Low – Medium Intensity 5 – 15% of total volume
- Medium – High Intensity 5 – 10% (AT- Work) of total volume
- High – Very High Intensity 2 – 4% (over AT) of total volume
- Speed Work < 1% of total volume

4. Training Volume (Ø 500 – 1000' per week)

- Rowing (Water or Erg)
(Ø 360 – 500' winter and 500-800' summer and Ø 70km winter – 130km summer/ week)
- Weight Training (Max., Explosive, Endurance)
(Ø 180 – 360' per week)
- Cross Training (Run, Bike, X-Skiing, Swim etc.)
(Ø 180 – 360' per week)
- Stretching, Yoga
(Ø 90 – 180' per week)

5. High level of small boat skills

1. Junior Men sub 7:15 in 1x
2. Junior Women sub 8:05 in 1x

6. 2-3 times “Weight Training” per week (180 – 360’ per week)

- A. Adaption Training**
- B. Maximum Power**
- C. Explosive Power**
- D. Strength Endurance**

7. Erg Scores:

1. Junior Men sub 6:20
2. Junior Women sub 7:20

8. Time Standards for “Boat Categories” to make the “FINAL A”.

1x:	JM Sub 7:10	JW Sub 7:50
2x:	JM Sub 6:35	JW Sub 7:10
4x:	JM Sub 6:05	JW Sub 6:45

If you have questions regarding training please contact Guenter Beutter: gmansystems@gmail.com