

FRESH/NOVICE WARM UP ROUTINE

OPTION 1: RECOVERY SEQUENCE

PICK DRILL

ROTATION IN 6'S

- 2x 15str sets (1x release pause, 1x cont.) @ Hands and Body positions
- 3X 10str sets @ ¼ Slide (no arms), ¼ Slide (alt.), ¼ Slide- (w/2 pauses, 1 pause, cont.)
- 2x 15str sets (1x release pause, 1x cont.) @ ½, ¾, Full Slide

FOCUS ON TALL ABDOMINALS AND CHEST POINTING FORWARD WITH A STILL BODY

SMOOTH TIMING BETWEEN ROWERS ON THE BODY ROCK OVER

STRONG DYNAMIC MID-SECTION DRIVE THROUGH THE ¼ SLIDE

FOCUS ON QUICK CATCHES AND FAST FEET ON SHORTER STROKES

3-STOP PAUSE SEQUENCE

ROTATION IN 6'S

- 10str @ Hands, Body and ½ slide positions
- 10str @ Body and ½ slide positions
- 10str @ ½ slide position
- 10str continuous

ALLOW FOR A SMOOTH WIEGHT TRANSITION FROM BACK OF THE SEAT TO FRONT OF THE SEAT

THROUGH RELAXATION ALLOW FOR THE FEET TO COME TO THE SEAT

FOCUS ON A STEADY BODY PREPARATION @ ½ SLIDE

CUTTING THE CAKE

- 15str @ Hands in 6s combinations
- 15str @ Bodies in 6s combinations
- 15str @ ¼ slide in 6s combinations

LOOK FOR TALL ABDOMINALS AND STILL BODIES WITH HANDS LEADING

ALLOWING GOOD RYTHM WITH SHARP HANDS AWAY

FOCUS ON FEELING THE WEIGHT TRANSFER FROM THE BACK OF THE SEAT TO THE FRONT OF

THE SEAT AND THE HEELS BY A ROTATION THROUGH THE HIPS

FOCUS ON A SMOOTH TRANSITION INTO THE SLIDE THROUGH RELAXED HAMSTRINGS

OPTION 2: CONNECTION AND DRIVE

¼ SLIDE PROGRESSION

ROTATION IN 6S

- 3x 10str sets @ no arms (1x w/pause @release and catch, 1x w/pause at release, 1x cont.)
- 10str @ alt. no arms/arms
- 10str @ arms

FOCUS ON PRODUCING FORCE THROUGH THE MID-SECTION

POWER THROUGH POSTURE

THINK ABOUT A HORIZONTAL SQUEEZE BACK OF THE SHOULDERS RATHER THAN THROWING BACK

REVERSE PICK DRILL

ROTATION IN 6S

- 2x 10str sets (1x w/pause, 1x cont.) @ $\frac{3}{4}$ slide rowing
- 2x 10str sets (1x w/pause, 1x cont.) @ $\frac{1}{2}$ slide rowing

FOCUS ON QUICK CONNECTION AT THE FRONT

FAST CHANGE FROM DRAWING THROUGH THE HEELS AND DRIVING THROUGH THE BALLS OF THE FEET

DRIVE PROGRESSION

ROTATION IN 6S

- 10str @ legs only (outside arm)
- 3x 10str sets @ legs only (1x w/pause @ release and catch, 1x w/pause at release, 1x cont.)
- 10 sets @ alt. in/out of the water @ legs only
- 2x 10str @ legs/body (1x w/pause, 1x cont.)
- 10x 3str Progression Sets- (1x legs, 1x legs/body, 1x normal)

CONCENTRATE ON HEIGHT AND ROTATION AS THE KEY TO LENGTH. POSTURE IS KEY

FOCUS ON CONNECTING WITH THE OUTSIDE LAT WHILE DRIVING THROUGH THE GLUTES AND QUADS

LOOK FOR A QUICK CHANGE OF DIRECTION OF THE SEAT FROM RECOVERY TO DRIVE