**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 @ ½ Slide (no arms), ¾ Slide (alt.), ½ Slide (w/2 pauses, 1 pause, cont.)
- 2x 15str sets (1x release pause, 1x cont.) @ ½, ½, 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 ¾ 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 Weight 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 @ ¾ slide in 6s combinations

**Look for Tall Abdominals and Still Bodies with Hands Leading**

**Allowing Good Rhythm 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**

**½ 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 65
➢ 2x 10str sets (1x w/pause, 1x cont.) @ ¾ slide rowing
➢ 2x 10str sets (1x w/pause, 1x cont.) @ ½ 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 65
➢ 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