

Offseason Running for Rowers

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Run 3-4 times per week, at a steady pace, running the whole time. If you must take walking breaks, make them progressively shorter and farther apart & eliminate them eventually.

Vary your distance from day to day, e.g., run 3 miles Monday, 4 miles Wednesday, and 5 miles Friday. One day a week, run longer than all the other days.

Steadily increase your mileage. Try adding a mile or two each week to your total mileage, varying which day you add to.

One week a month, take it easy and run only twice, both times distances that are easy for you.

Vary your terrain so that you get in some hills, some trails, some roads.

Try to run with others; groups of 3 or 4 are ideal. Running feels easier in groups.

Stretch afterwards, particularly your hamstrings and back, quads, and calves.

Q - What if I can't run?

A - Any endurance activity will do: biking, swimming, stair master. Just build how long you go.

Q - What about erging?

A - I don't recommend it for novices unless there is a coach or experienced rower there to critique your technique. Experienced rowers may erg, but running is better in off-season.

Q - What if I get injured?

A - Let pain be your guide as to what you can do. Notify your parents, the GDS trainer, and me.

Stretching for Rowing

Hamstring/back stretches

Quad stretches

Calf stretch against the wall

Lat/triceps stretch by pulling your elbow behind your head.

Pecs stretch, with your hands clasped behind your back

Strength work for Rowing

Aim for at least two sets, 15-20 reps each, 2-3 times/week. After several weeks, occasionally do sets of 5-8 reps with heavier weight. Adjust the weight so that the last rep or two is very hard.

Legs: *Squat machine.* Feet parallel to one another, slightly in front of shoulders. Go down no further than thigh parallel to floor.

Lunges with dumbbells. Feet parallel to one another, and fairly far apart.

Leg curl machine. Position knee to line up with hinge on the machine.

Arms: *Chin-ups.* Hands with knuckles facing you, go all the way down in between each rep. Do as many as you can for each set.

Push-ups. Keep back straight and go all the way down to floor. Build up to sets of 30.

Bent-over rows. Bend knees slightly, keep back curved a bit by having your belly stick out a little, bend over about 45degrees, keep chin up, ideally in front of a mirror. Move only your arms and pull bar to your sternum. At least 2 sets, as above.

Crunches and leg lifts. Build up steadily in how many you can do.