

Training Guidelines

Age Group	Goals	Total # of sessions	Breakdown
U15	<ul style="list-style-type: none"> Learn to row – tech. Develop aerobic fitness – land based. General flexibility and movement– S&C. 	3-5	2/3 water 1/2 land Encourage other sport participation
U16	<ul style="list-style-type: none"> Develop ability to hold technique under some physical stress. Continue to develop aerobic fitness – land based. Establish good movement patterns – S&C. 	4-6	2/3 water 2/1 land 1/2 body weight S&C Encourage other sport participation
Late Starters	<ul style="list-style-type: none"> Learn to row – tech. Although physically mature, training should focus on short skill sessions on the water Aerobic fitness – land based. 	Initially 6, becoming 8.	4/5 water 2 strength training 2/1 cross training.
U17/18	<ul style="list-style-type: none"> Develop ability to hold technique under physical stress. Continue to develop aerobic fitness – land based. Develop strength – S&C. 	U17: 7-8. U18: 8-10 Competition level dependant.	3/4 water 2/3 strength training 2/3 cross training One day a week should be off.