

ATHLETIC DEVELOPMENT

PROGRAMME FOR
ROWERS



RATIONALE

This programme has been designed to develop your Athletic Development to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength and power whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

Athletic development aims to get you stronger in order for you to handle the physical demands of your sport safely and competently, as well as aiming to improve muscular and cardiovascular fitness. Increasing your capacity for exertion through movement, so you can perform better for longer.

TESTS

- **Height & Weight**
 - **10m & 20m Sprint**
 - **5-0-5 Agility Test**
 - **CMJ Test**
 - **Sit and Reach Test**
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ATHLETIC DEVELOPMENT PROGRAMME FOR ROWERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any footballer regardless of their position. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in football. A strong core and lower body gives any footballer the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to hold off opponents and keep the ball for their team.



Flexibility / Cool Down

Yoga is becoming an important part of football, as good flexibility not only allows athletes to perform optimally, but also can prolong careers by avoiding injuries. Constantly stretching and cooling down properly after each session can aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

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ROWING WORKOUT 1	
Gordon's School Warm Up	
Single Arm Plank	2 x 20 Secs EA
Banded YTI	2 x 3
Bosu Ball - Bridge	2 x 5
BB Hang Clean	2 x 4
Landmine Squat to Press	3 x 4
Seated Cable Row	3 x 8
BB Front Squat	3 x 6
DB Spider Curls	3 x 8
BB Hip Thrust (Box/Bench)	3 x 6
Forearm Plank	2 x 45 Secs



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ROWING WORKOUT 2

Gordon's School Warm Up	
Single Arm Plank	2 x 20 Secs
Banded YTI	2 x 3 EA
Bosu Ball - Bridge	2 x 5
SA DB Hang Power Snatch	3 x 4 EA
BB Bench Pull	3 x 6
Inverted Row (Pause)	3 x 6
Leg Press	3 x 8
DB RDL	3 x 6
Deadbugs (Foam Roller)	2 x 10 EA



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