

RACE PLANS FOR HEAD RACING

Getting ready to race takes a lot of practice. Fortunately come head racing season there are a lot of different events where you can practice and improve.

When reviewing your plan for the season, you will need a winter “peak” event.

This is your top priority for your group, crew or yourself. Frequently this event is the Head of the Charles or the Eights Head of the River or the Head of the Yarra. The trouble is that two of those events fall early in the head racing season and that gives you limited opportunity to practice and refine your race plan in advance with practice events.

Ideally you want to do a race distance 2 weeks before your main event as a practice. If there isn't a formal race, plan a local informal one against other people in your club or invite a nearby club to race you in a private match.

Don't worry, Faster Masters Rowing has you covered. In this article we will cover off the 3 key things you need to have practiced and how to compose them into a written race plan which will see you through any head race event.

4 Elements of your race plan

All races are the same. All races are different.

You need a plan for each race. All plans go out of the window once the race starts.

Exceptionally scary statements. All true and all things you need to learn how to execute to a high level of skill.

Having a rowing coach will help you become an adaptable athlete who can race in ANY situation. Faster Masters Rowing is your coach.

So every race plan has these core elements:

- Start
- Technique improvement
- Speed improvement
- Finish

Yes it's as simple as that. You need to be able to get the boat from stationary up to race pace; you need to have some way to improve your technique; some way to go faster, and a finishing sprint.



How you string these together is where your experience comes in. The degree of sophistication of each depends on your skill, your personal preferences and whether you are a longstanding or new crew. Because some take more practice than others and you NEVER want to do something different in a race. No. NEVER. Because you'll likely mess it up. So don't risk your race result.

Let's figure out some options for each of your 4 elements of your plan. For each of these, choose the version which you think works best for you. Practice them all (at least 3 times) before you select one.

There are no wrong answers - your choice is about the one that WORKS. And your skill at executing now may be different next month or next year... so your choice is not fixed for ever. Be open to new things as an athlete. It helps build your flexibility and adaptability.

Read about options for your plan on our website www.fastermastersrowing.com/race-plans-for-head-racing

Tell us what solutions you're finding that work for clubs and masters and share on our Facebook page www.facebook.com/rowingfaster

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