

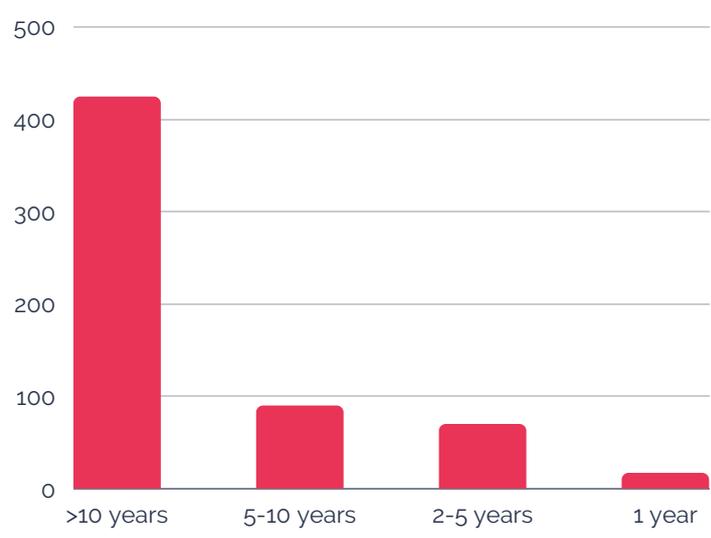


## STATE OF MASTERS ROWING 2022

We, at Faster Master Rowing, want to understand what rowing is like for different rowers all over the world. Our survey compares answers from over 600 respondents surveyed in early 2022.

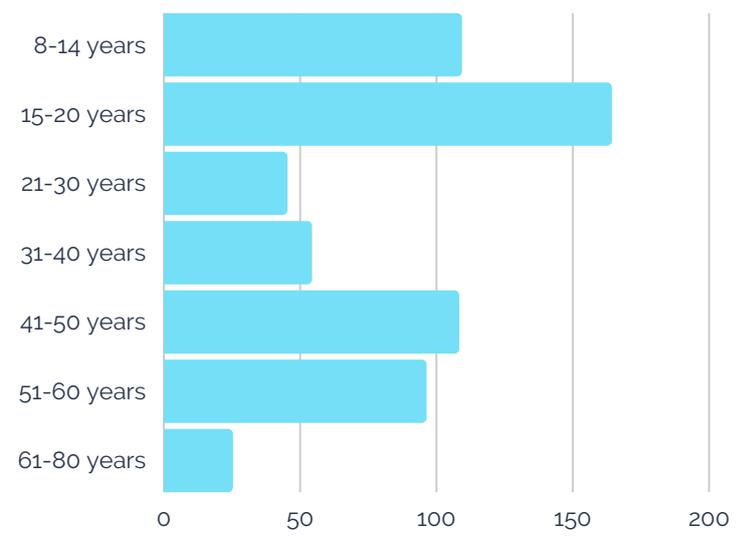
### 1. RESPONDENTS' BACKGROUND

#### HOW MANY YEARS HAVE YOU BEEN ROWING?



Most of our respondents are very long term rowers. When we asked how old they were when they started, there is a significant group who began rowing in their 40s and 50s and a second group who learned to row at high school and university.

#### HOW OLD WERE YOU WHEN YOU STARTED?



602

rowers took part in the study

from

32

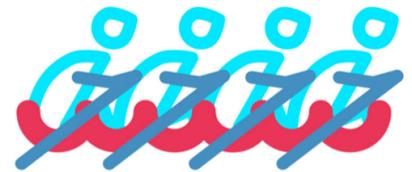
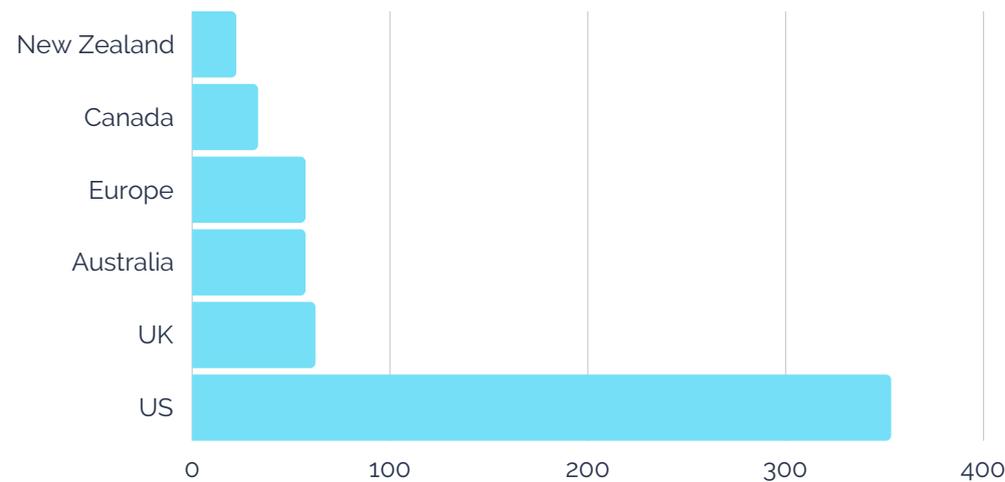
countries

32

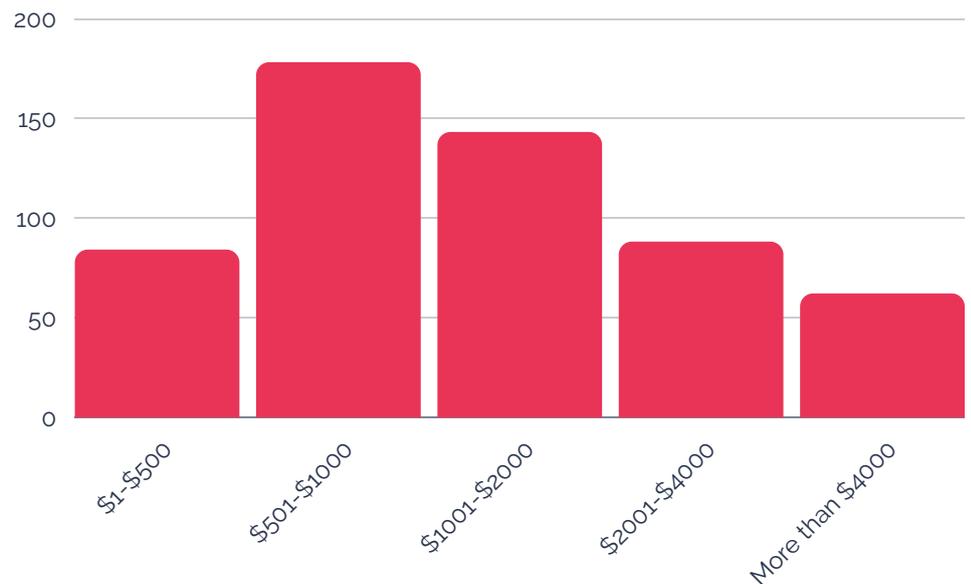
the average age when masters learned to row

## 2. GEOGRAPHY AND ROWING BUDGET

### WHERE ARE YOU FROM?



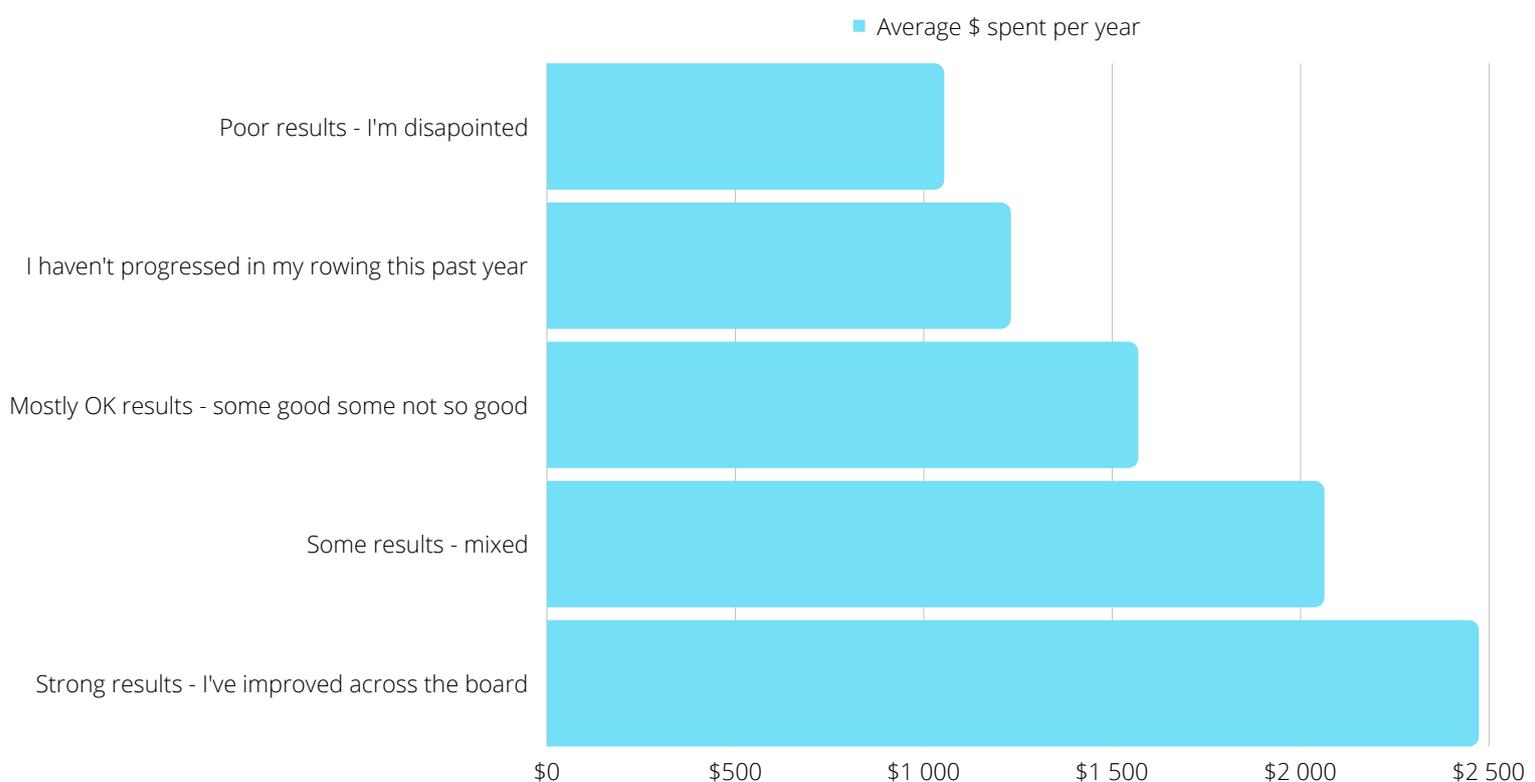
### HOW MUCH DO YOU SPEND ON YOUR ROWING PER YEAR? IN USD



**Most of our respondents come from English-speaking countries. The majority spend between \$500 and \$2,000 per year on their rowing.**

### 3. TRAINING EFFECTIVENESS VS ROWING BUDGET

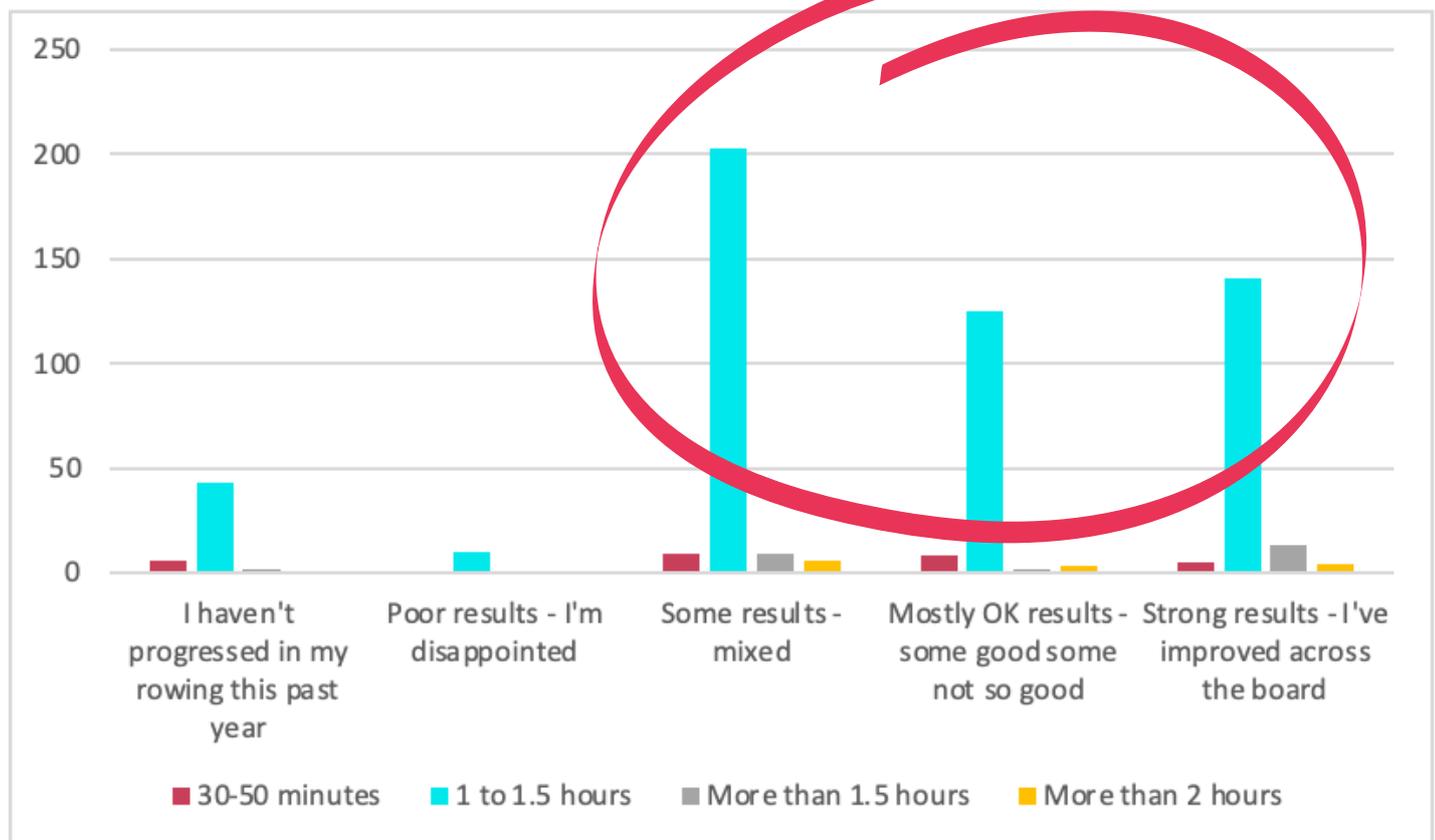
**ARE YOU ACHIEVING STRONG RESULTS IN YOUR TRAINING & HOW MUCH DO YOU SPEND ON ROWING PER YEAR?**



**We compared the amount people spend with the results they perceive they get from their rowing spend. Those who spend least get the least progress and report "poor" results and a lack of progress for their rowing.**

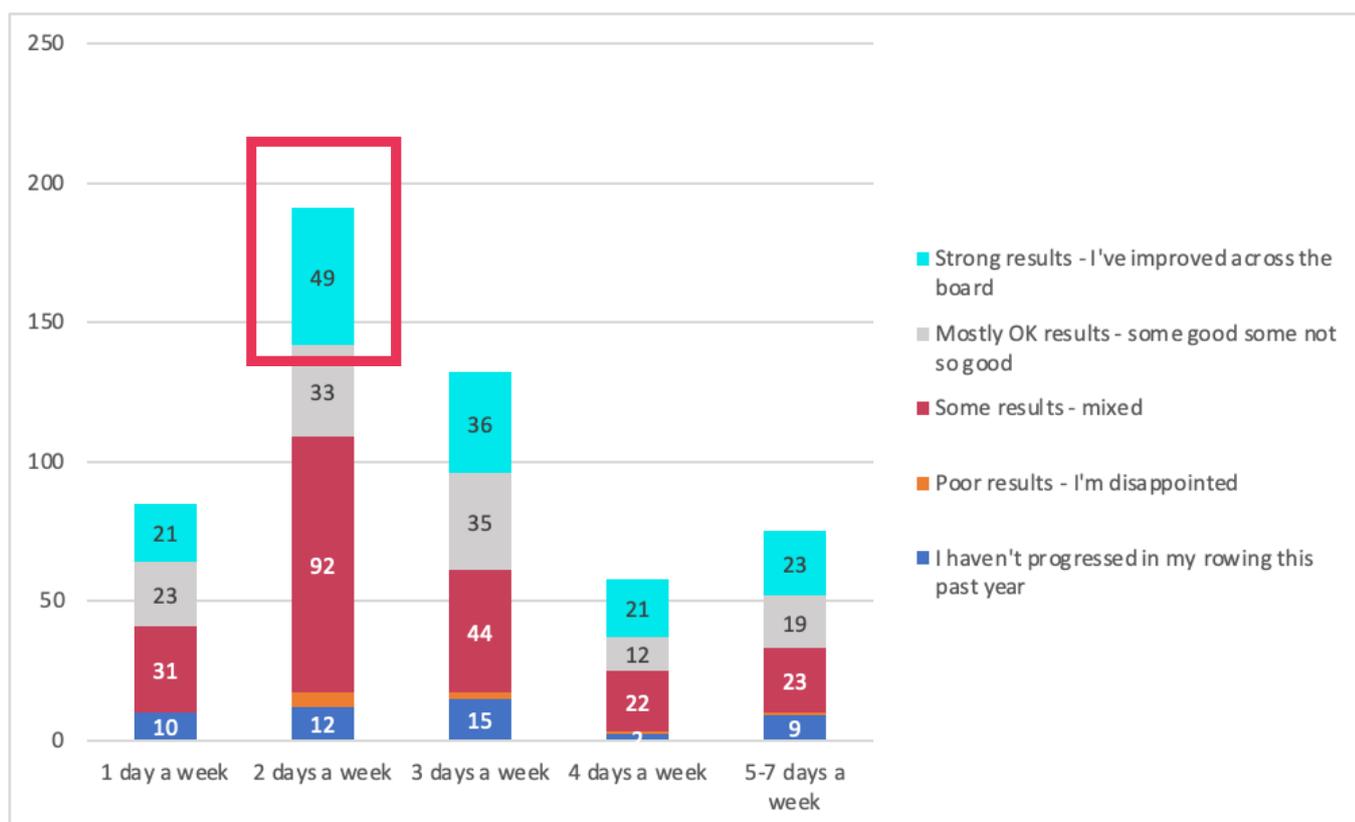
## 4. TRAINING EFFECTIVENESS VS OUTING LENGTH

OUTING LENGTH SHOULD BE SUFFICIENT TO GET GOOD RESULTS



## 5. TRAINING EFFECTIVENESS VS TRAINING FREQUENCY

**TRAINING FREQUENCY IS ALSO IMPORTANT FOR THE BEST RESULTS**

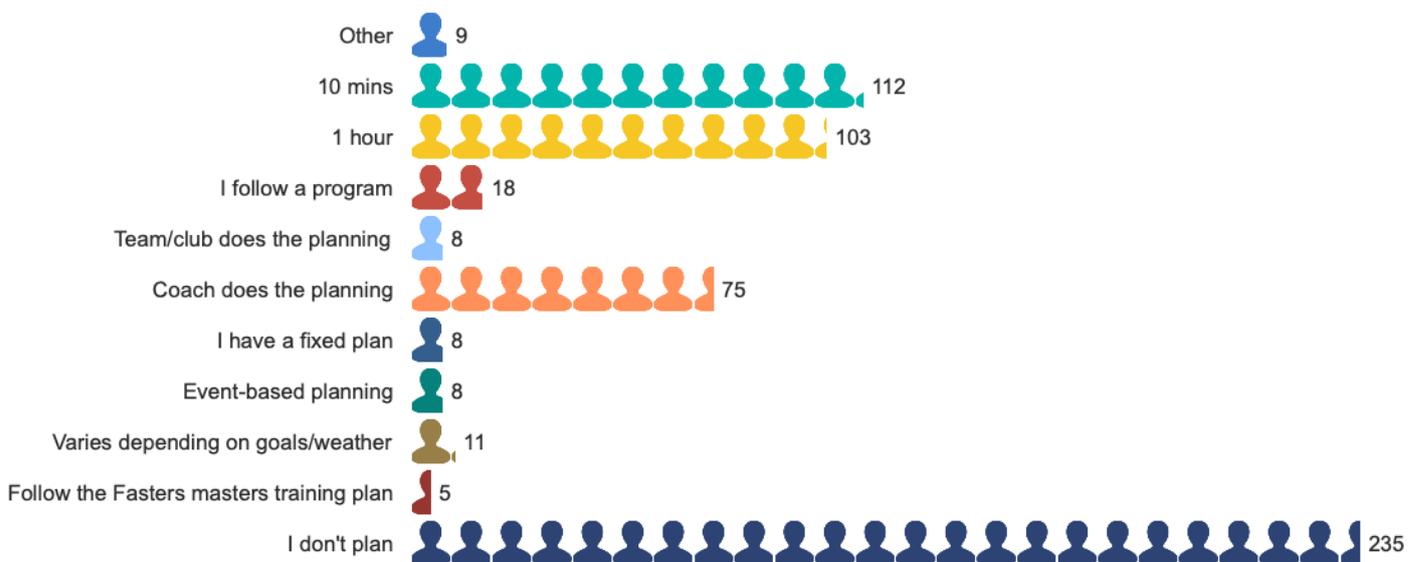


**Those who get good results train at least twice a week. Although this graph takes no account of the number of years' experience of each rower.**

## 6. TRAINING PLANNING

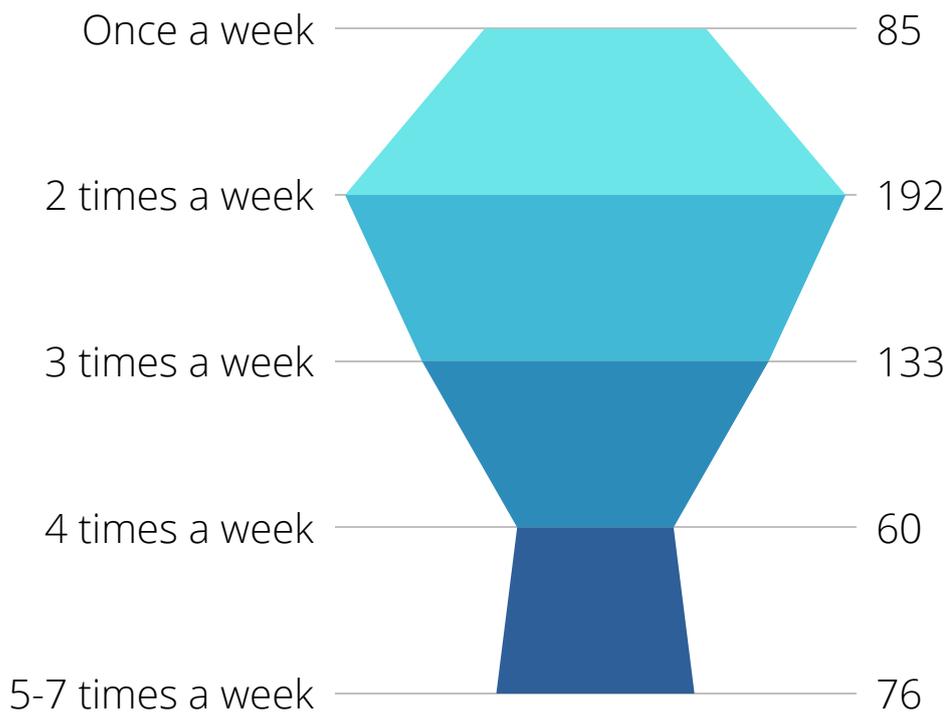
### HOW LONG DOES IT TAKE TO PLAN YOUR TRAINING FOR THE MONTH?

**55% of masters follow a plan**  
**39% of masters do not plan their training.**



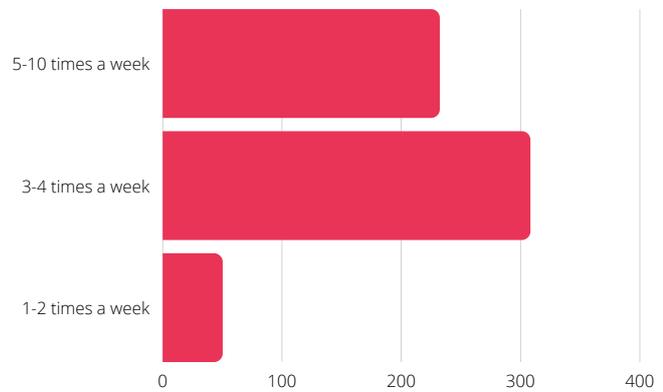
## 7. TRENDS IN TRAINING FREQUENCY

### FREQUENCY OF LAND AND CROSS TRAINING

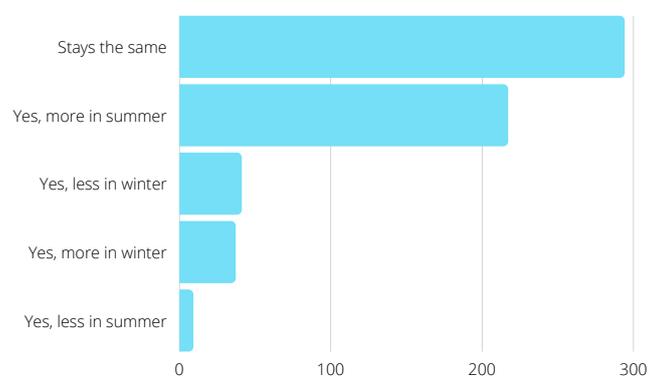


**Most masters train 3-4 times a week and do 2-3 land training sessions a week. This is consistent through the year from winter to summer..**

### FREQUENCY OF ROW OR ERG PER WEEK

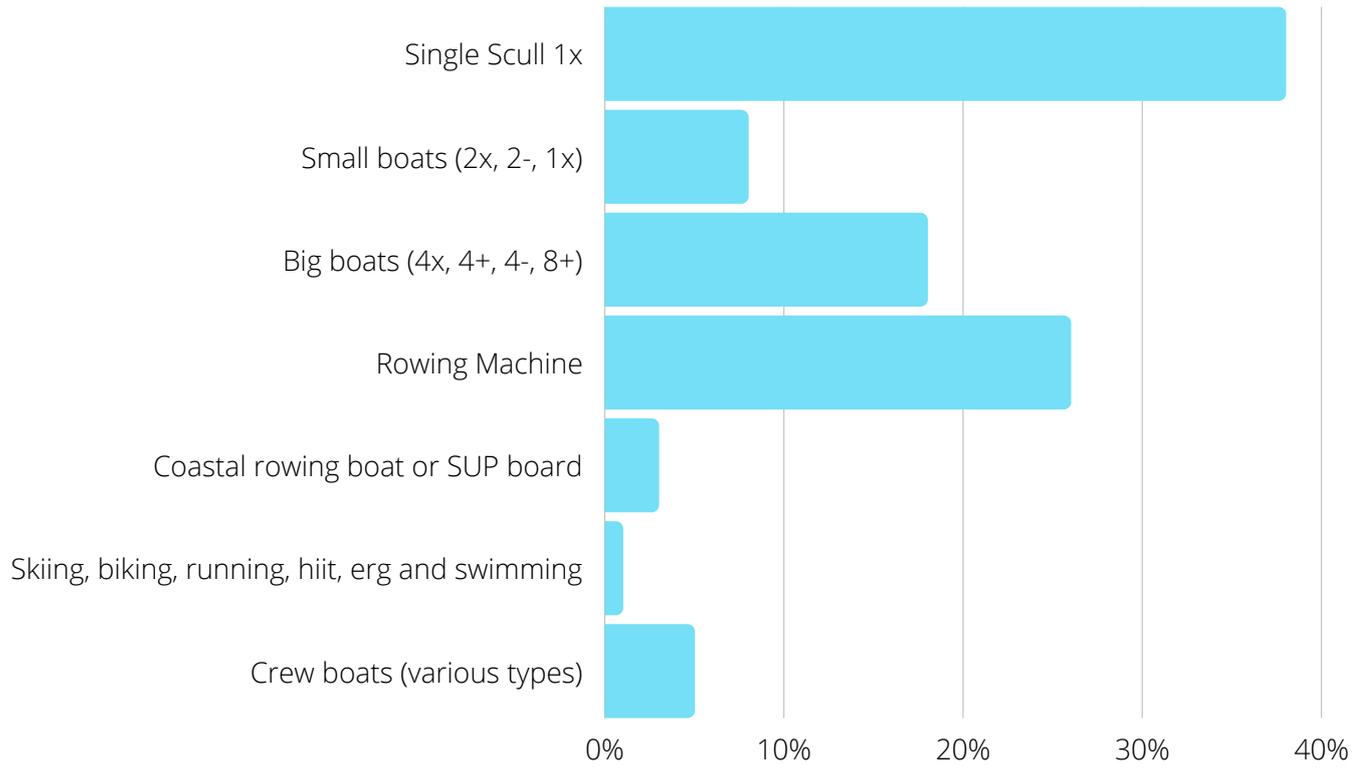


### DOES YOUR TRAINING FREQUENCY CHANGE FROM WINTER TO SUMMER?

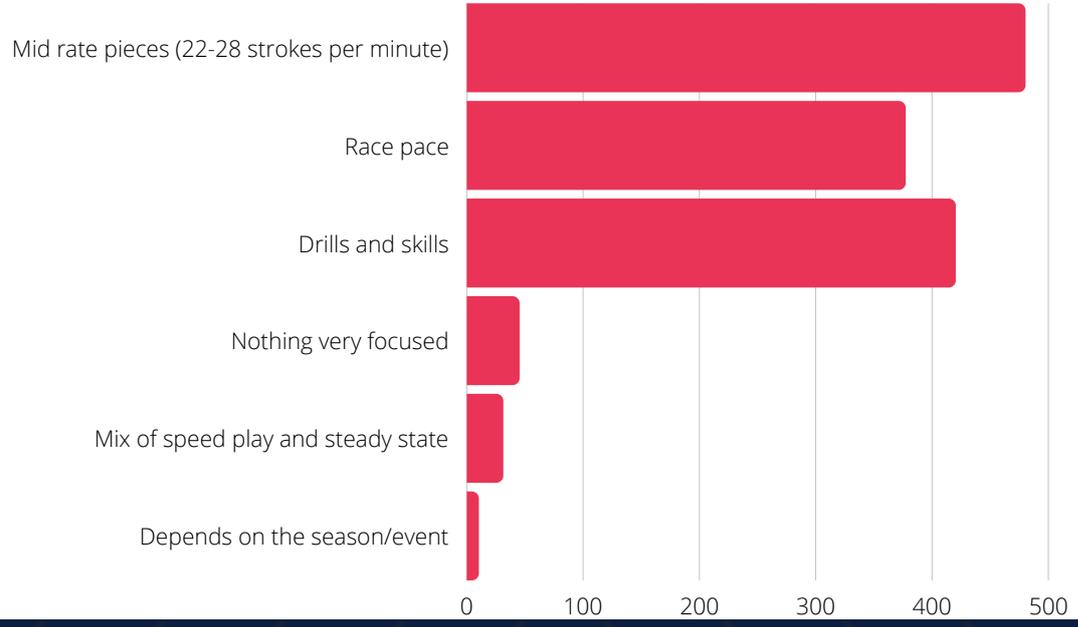


## 8. TRENDS IN ROWING FORMATS

### WHAT BOATS DO YOU ROW?

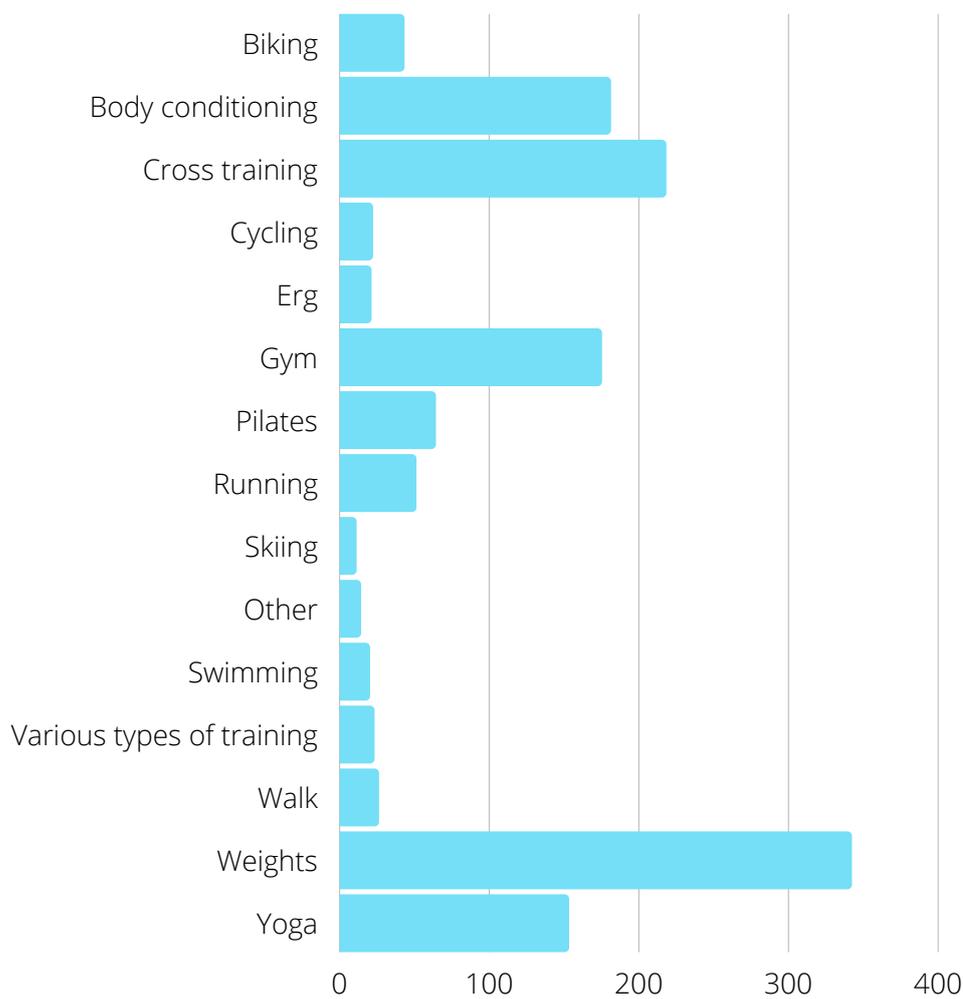


### WHAT SORT OF TRAINING DO YOU DO?



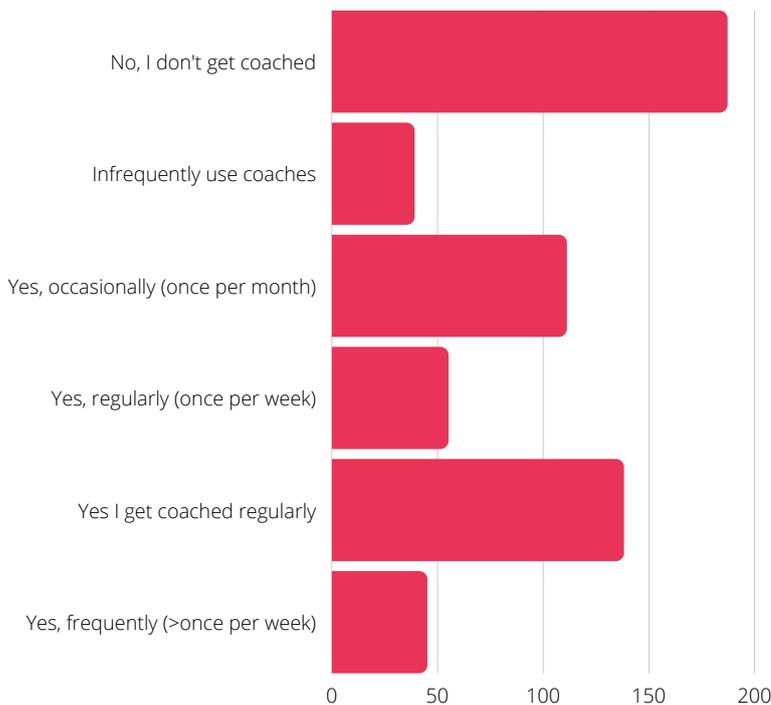
## 9. TRENDS IN LAND TRAINING

### WHAT SORTS OF CROSS TRAINING DO YOU DO?



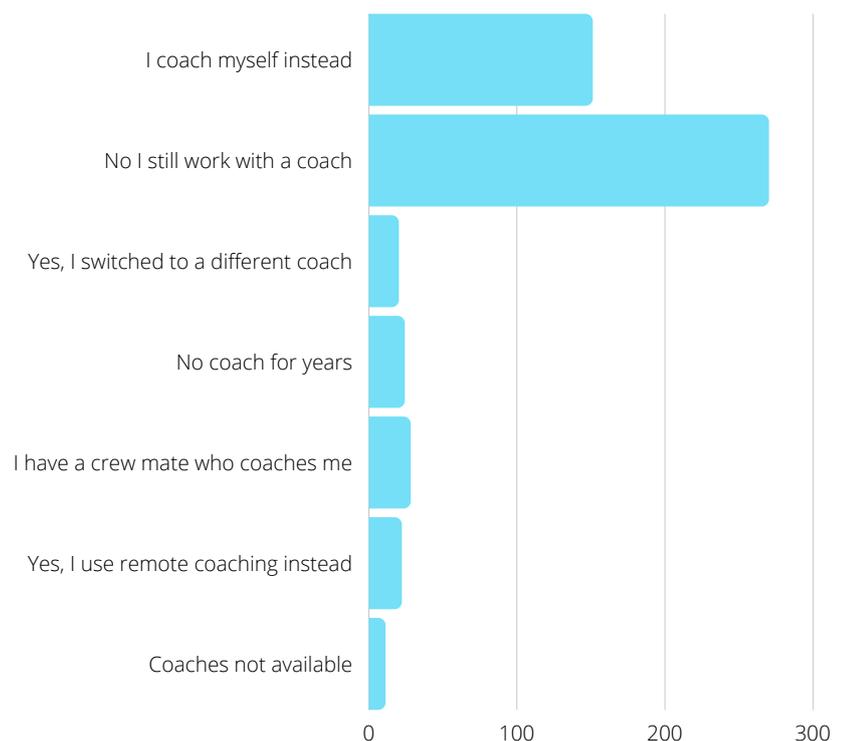
## 10. TRENDS IN COACHING

### DO YOU WORK WITH ROWING COACHES?



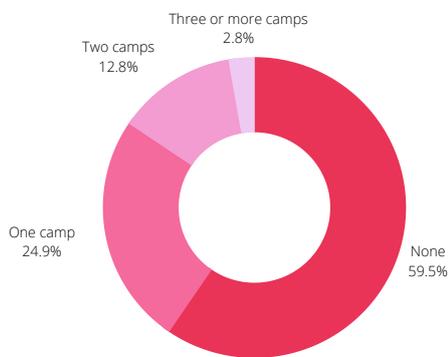
**Nearly half of the masters surveyed work with a coach at least once a month. Around 25% stopped working with a coach during 2021 and self-coach instead.**

### HAVE YOU STOPPED WORKING WITH A COACH IN THE PAST YEAR?

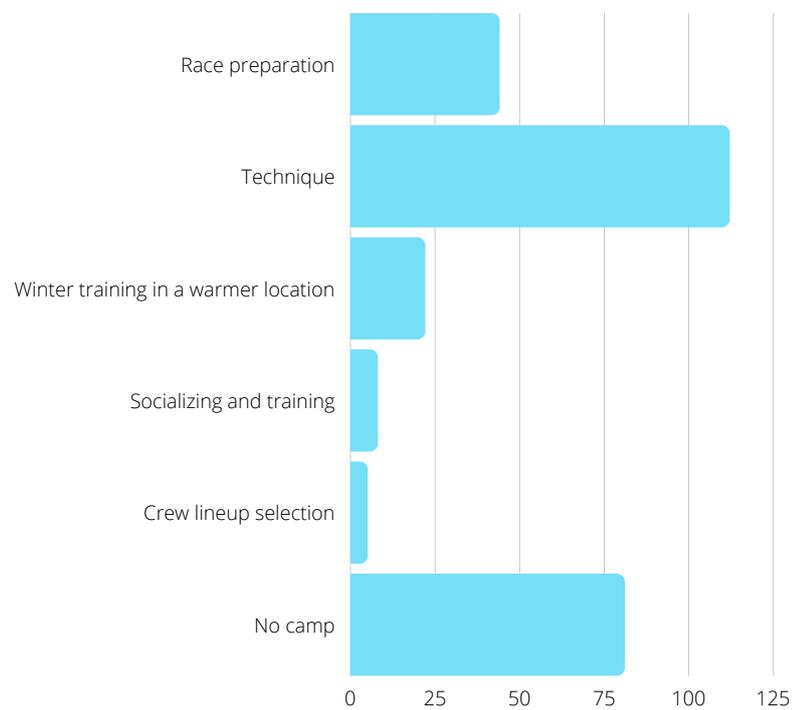


## 11. TRENDS IN CAMPS

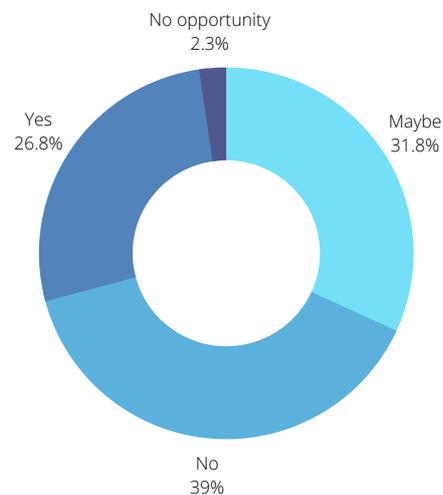
HOW MANY CAMPS DID YOU DO IN 2021?



DID THE CAMP HAVE A SPECIFIC FOCUS?

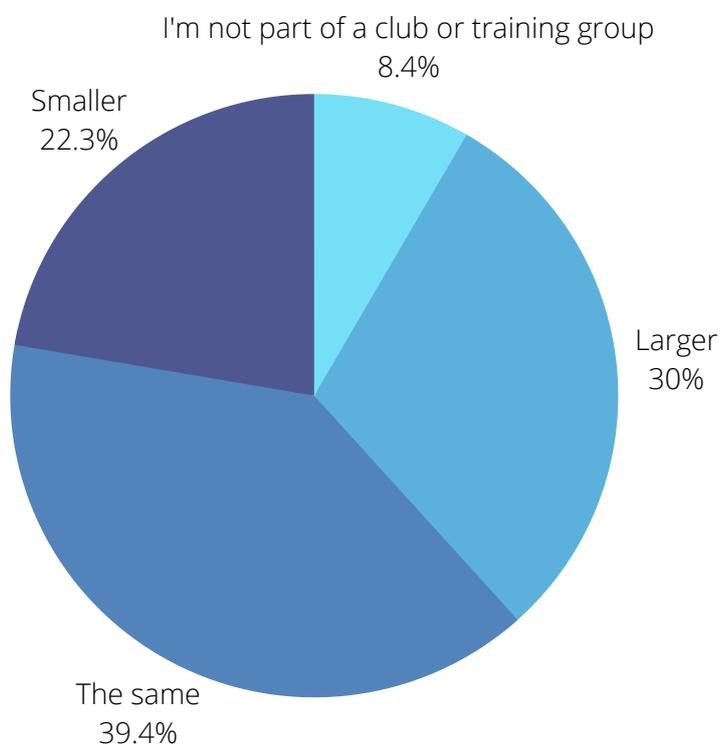


DO YOU INTEND GOING TO A CAMP IN 2022?



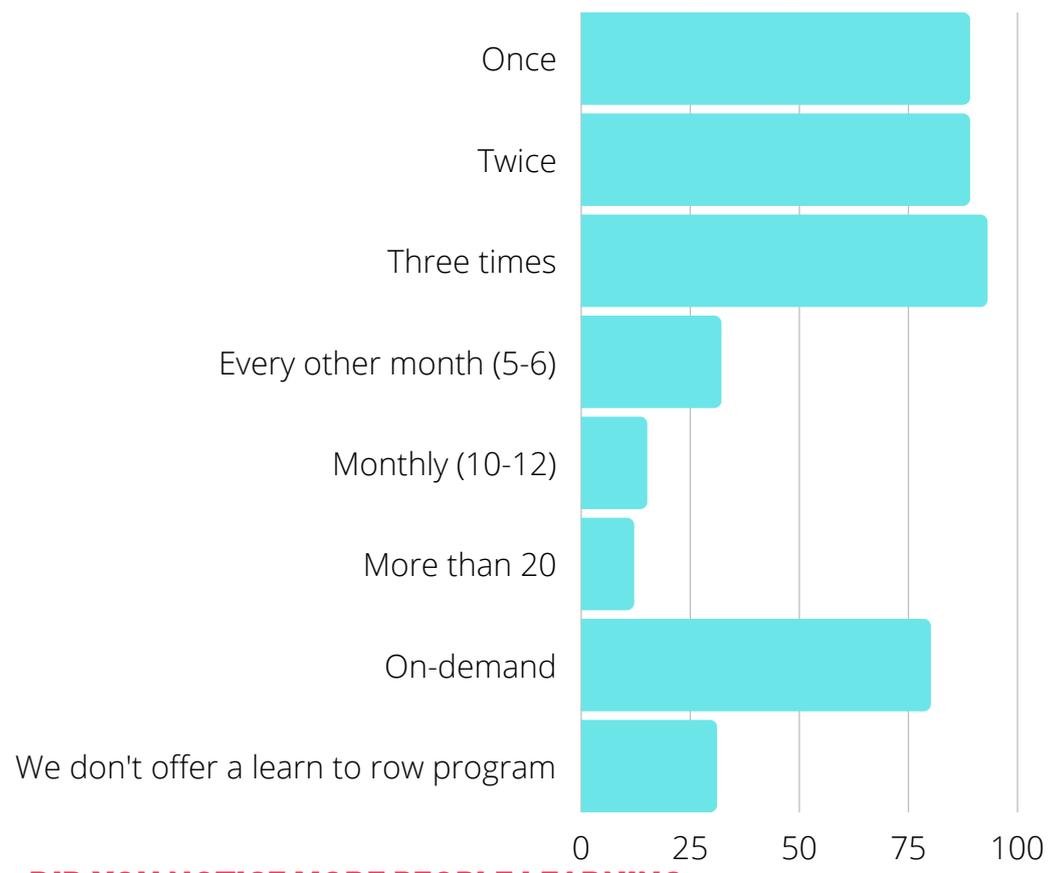
## 12. TRENDS IN CLUB/GROUP COMPOSITION

### IS YOUR CLUB OR TRAINING GROUP LARGER OR SMALLER THAN A YEAR AGO?



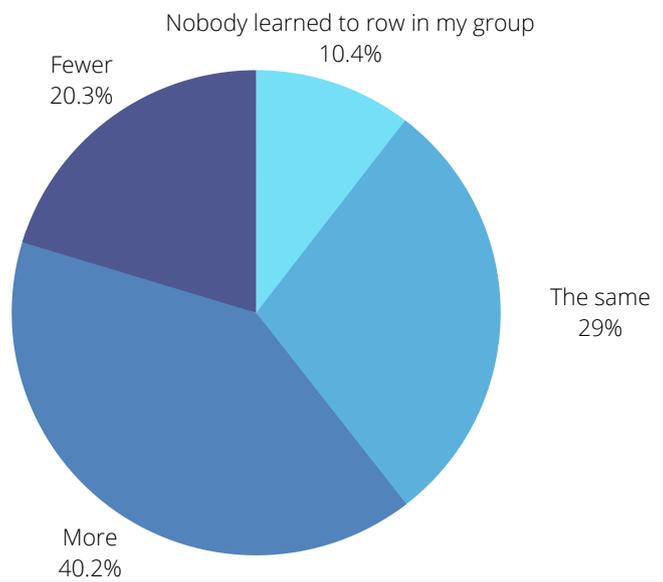
### 13. TRENDS IN NOVICES

#### HOW MANY TIMES A YEAR DO YOU RUN LEARN TO ROW?

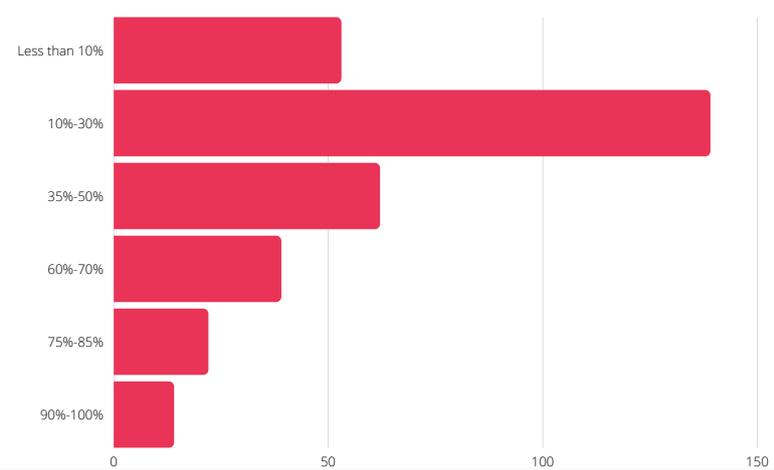


**The vast majority of groups actively work to grow the sport by running learn to row programs through the year.**

#### DID YOU NOTICE MORE PEOPLE LEARNING TO ROW (LTR) FOR THE FIRST TIME IN 2021?

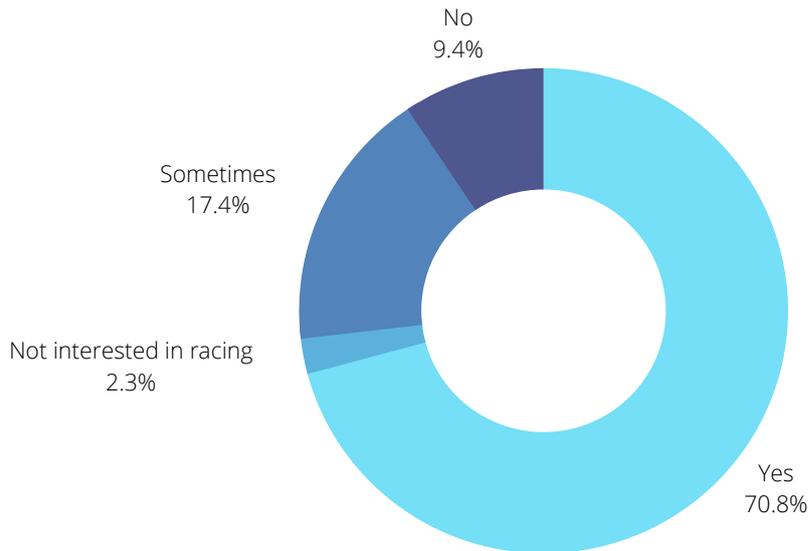


#### WHAT % OF LTR ATHLETES JOIN THE REGULAR TRAINING GROUP AFTER THE COURSE FINISHES?



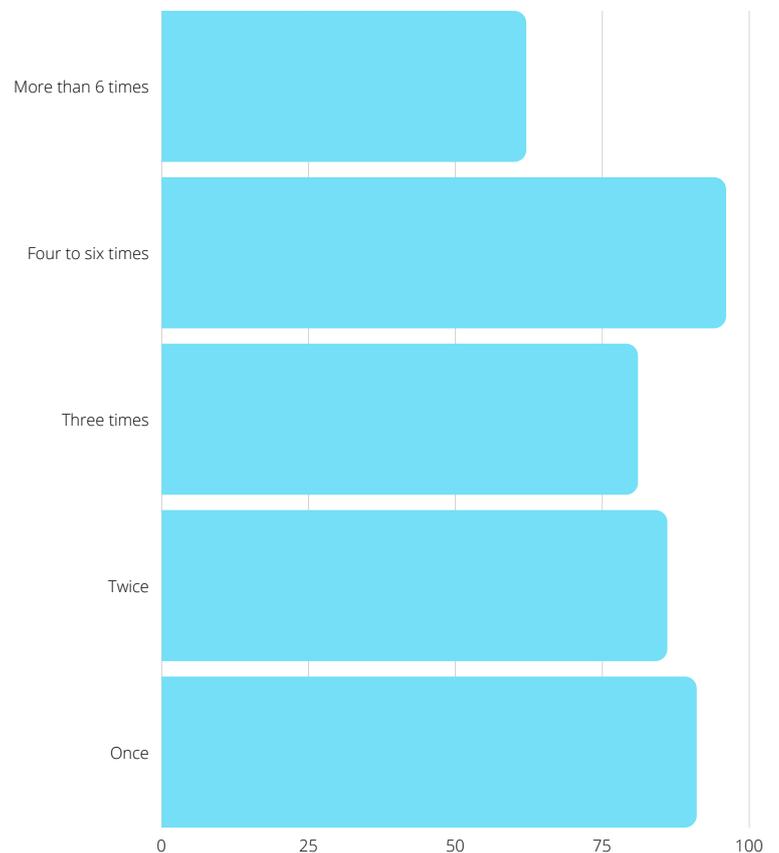
## 14. TRENDS IN RACING

### DO YOU TAKE PART IN RACES?



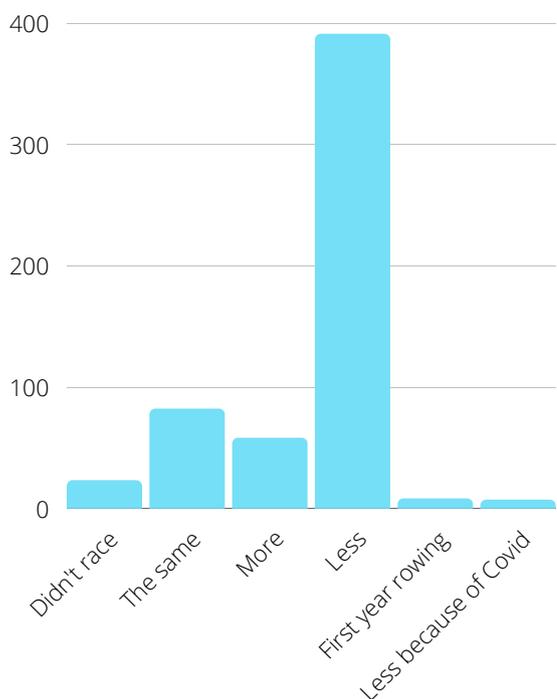
**Over 70% of the respondents race at regattas with an additional 17% racing occasionally.**

### HOW MANY TIMES IN 2021 DID YOU GO TO A RACE?



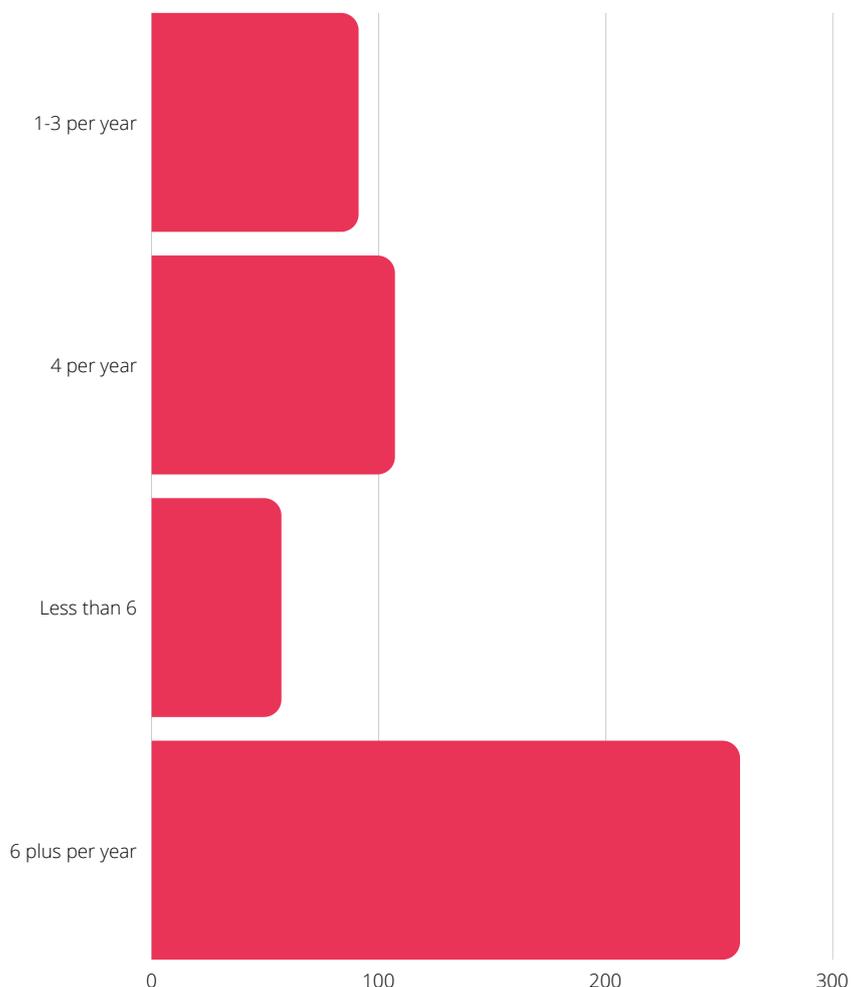
## 15. TRENDS IN RACE FREQUENCY

**IN 2021 DID YOU RACE MORE OR LESS THAN IN PREVIOUS YEARS?**



**2021 had lower than normal regatta opportunities for masters with nearly 2/3 reporting fewer races than in a normal year. 50% of rowing masters race 5+ times a year normally.**

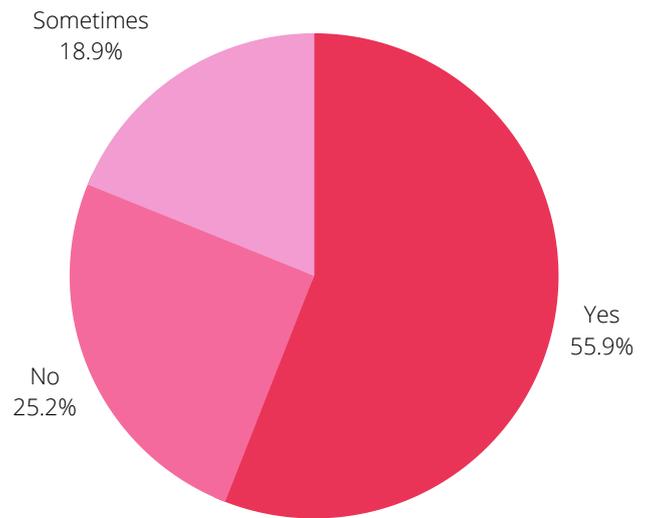
**IN A NORMAL YEAR, HOW MANY TIMES WOULD YOU RACE?**



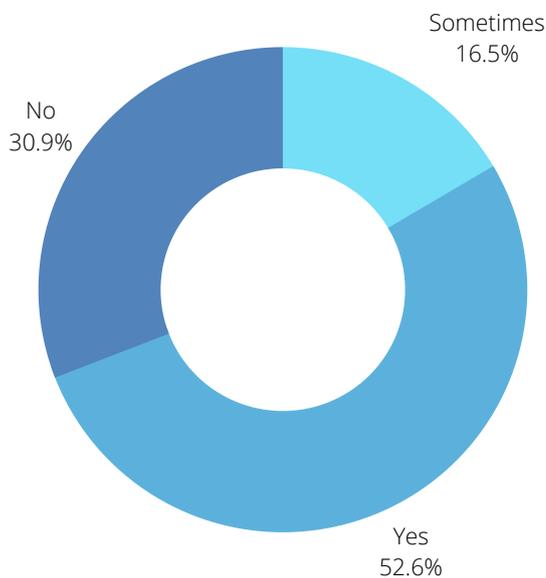
## 16. TRENDS IN ROWING DATA ANALYSIS

### DATA USE - ARE YOU COLLECTING DATA ON YOUR ROWING?

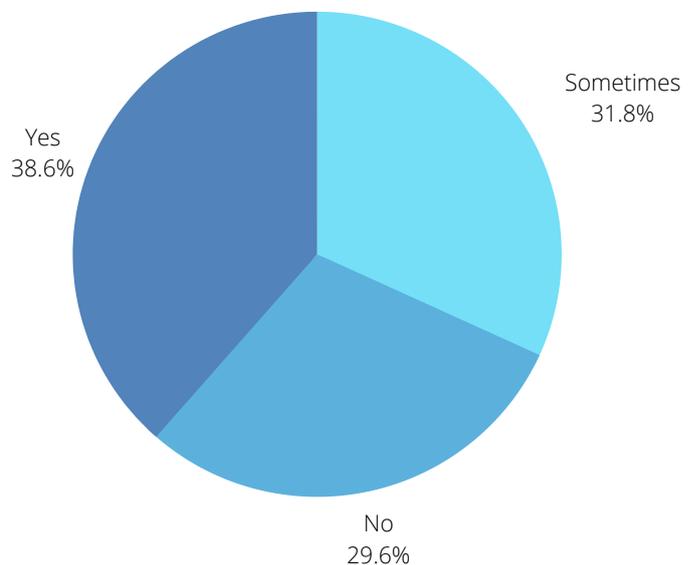
**A majority of masters use data to analyze their rowing at least some of the time.**



### DO YOU MEASURE AND RECORD YOUR RACE RESULTS?

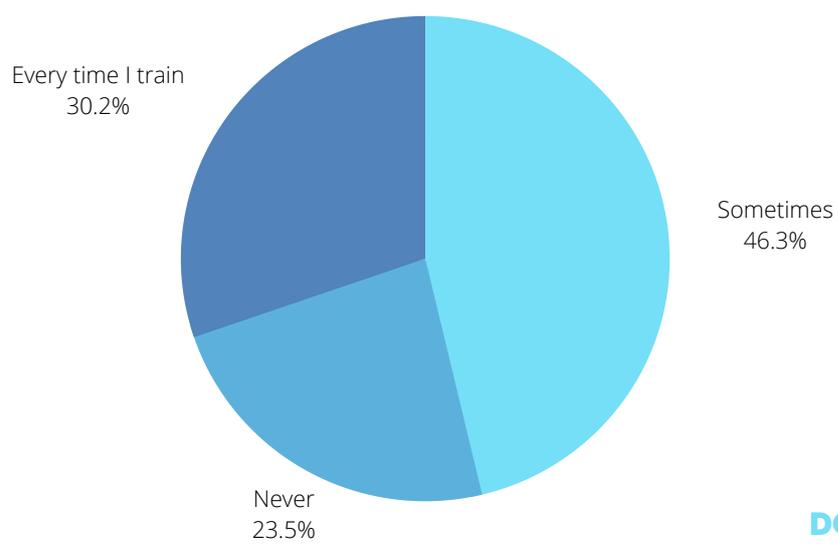


### DO YOU ANALYSE YOUR ROWING TRAINING DATA?

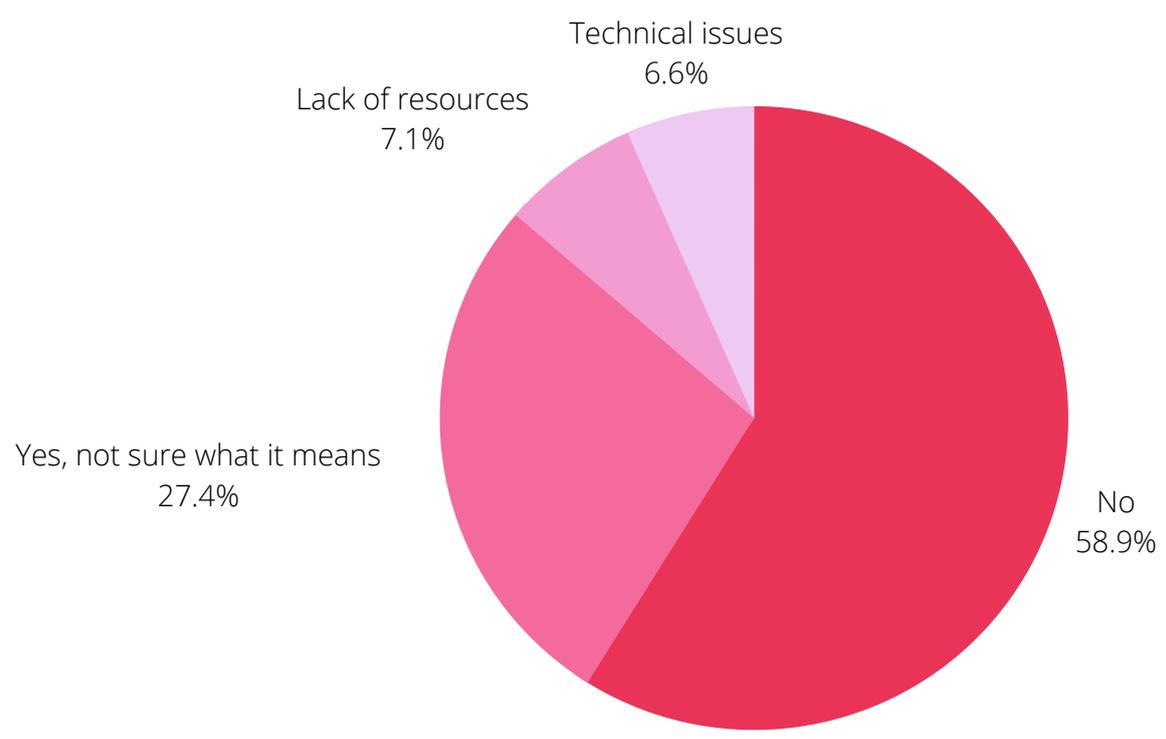


## 16. TRENDS IN ROWING DATA ANALYSIS

### FREQUENCY OF DATA ANALYSIS

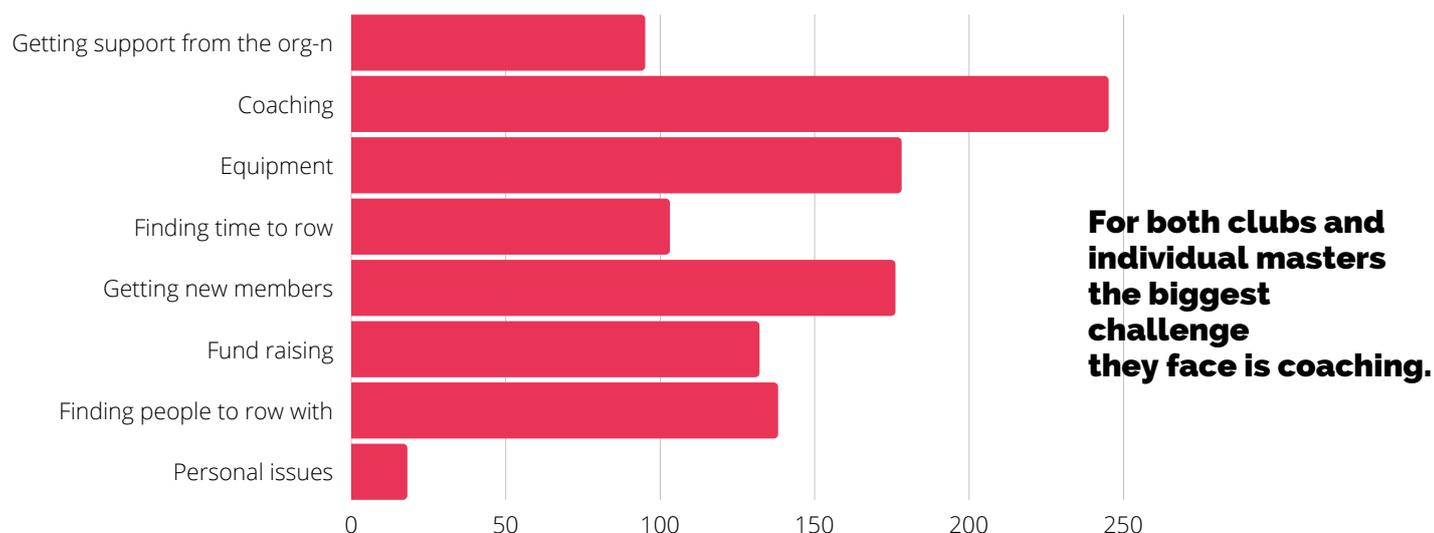


### DO YOU HAVE DATA INTERPRETATION CHALLENGES? DESCRIBE THEM

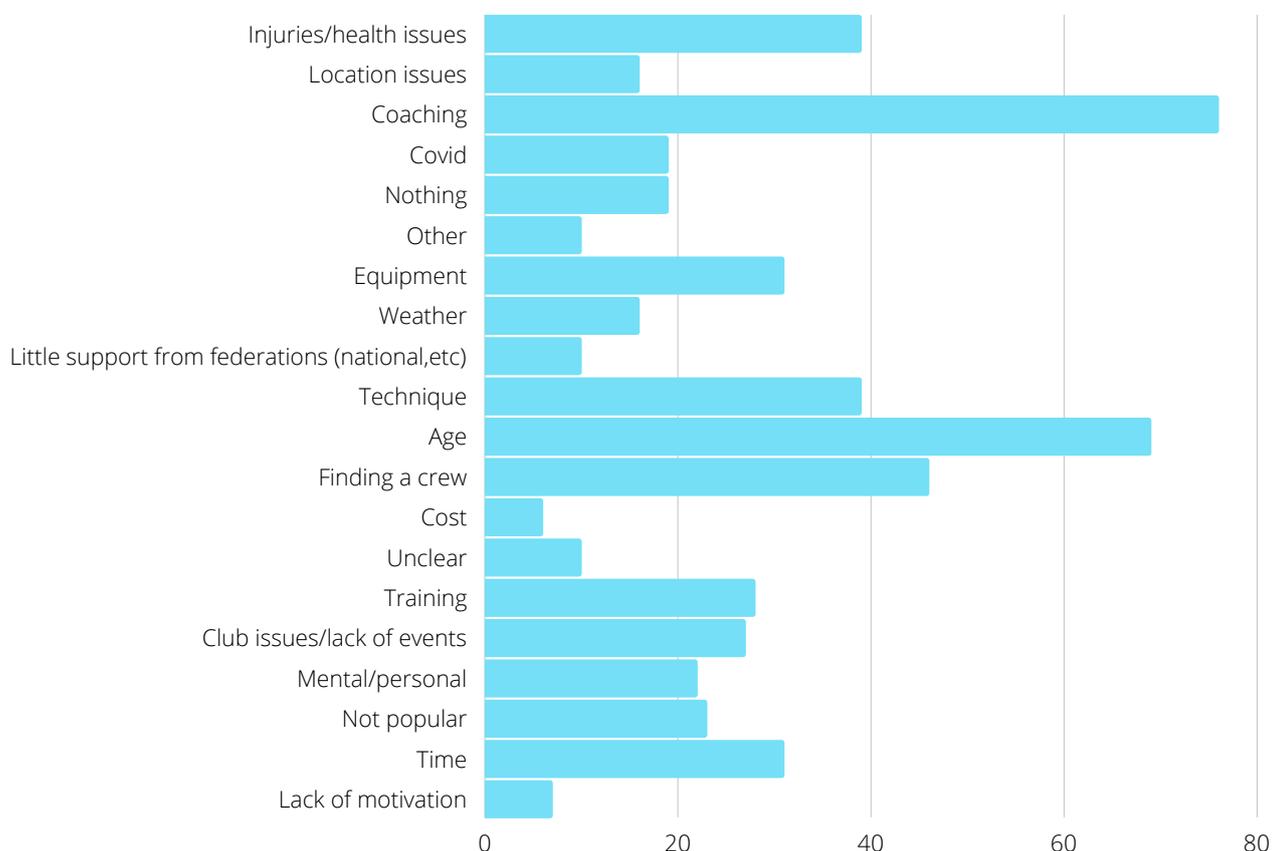


## 17. CHALLENGES

### WHAT ARE THE BIG CHALLENGES FOR YOUR CLUB / GROUP?

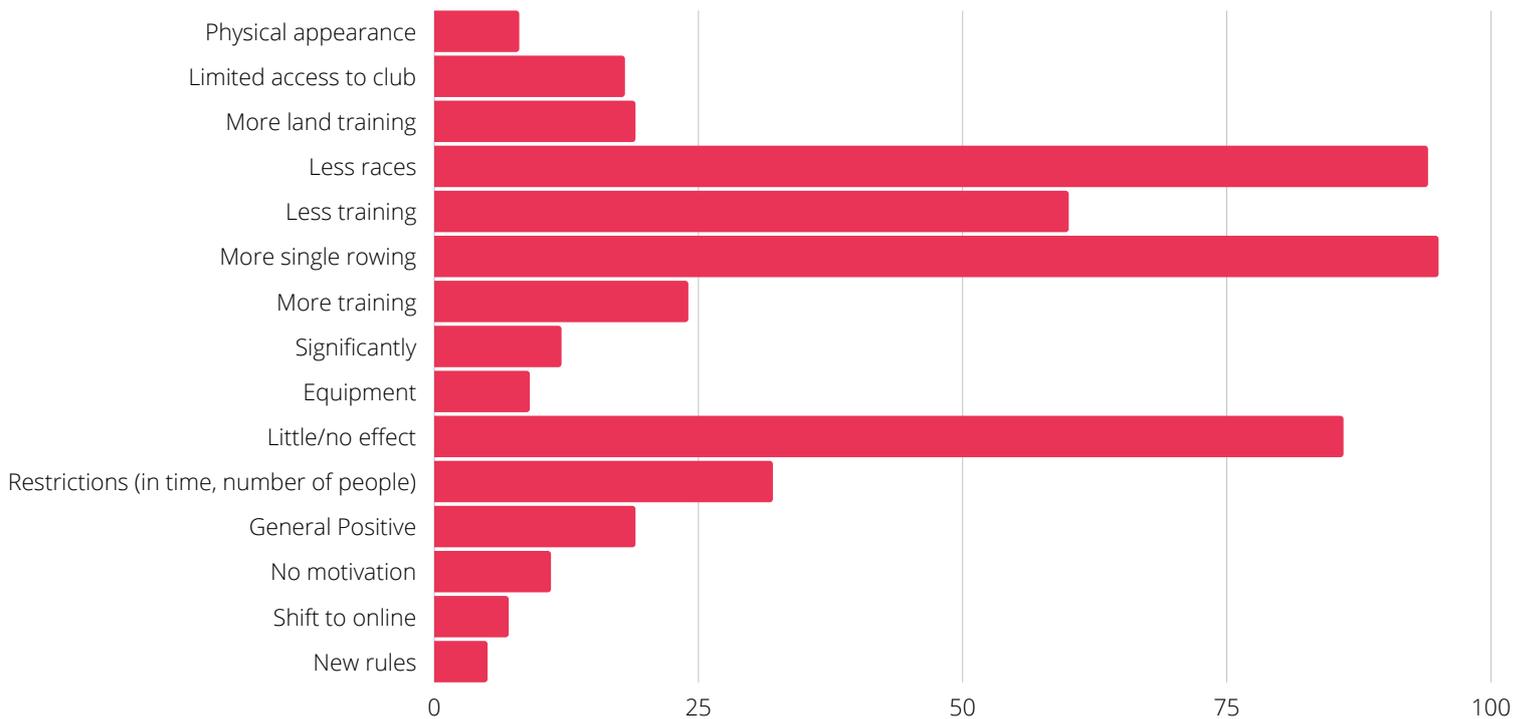


### WHAT ARE THE BIG CHALLENGES FOR YOUR OWN ROWING?



## 18. COVID-RELATED CHALLENGES

### HOW HAS COVID AFFECTED YOUR ROWING?



### HOW HAS COVID AFFECTED YOUR ORGANIZATION, GROUP OR CLUB?

