



AGELESS IMPROVEMENT

As the age-groups roll by, your ability to simply rack up more miles on the river is not an option.

Workout time is at a premium. Post-exercise recovery is a force to be reckoned with. So to keep getting faster with your schedule and available energy what's an aging rower to do?

The best strategy is to continue to get coaching and perfect your stroke.

If your physical training stays on par, you will likely gain more boat speed by investing an hour in your technique versus two more hours at the gym. After all, technique improvement has no age limit. If you can pick up another meter per second by not missing water that is going to be evident when chasing down your mates next season. Incorporate technique work into your training on the water every practice so there is no need to increase your training volume - simply put more attention to your form.

In the boat focus on the following points

Protection of your joint and spine is the best resilience against injury. This means power through posture, a neutral spine favors leverage. Hinge at the hip to set body angle versus flexing through your back. Use your core. Activated glutes give you suspension during the drive and prevent

collapse in the lumbar spine. Engaged lats stabilize your mid-back and shoulder blades to help sustain your swing and protect your ribs.

Your goal is to stick to the correct sequencing of the stroke without compensation regardless of your range of motion. Maximize your stroke length through a stable body position and your rigging. Avoid extreme body positions. Perfect your bladework: entry, release, feather, square and be conscious of preserving momentum and speed and run on the recovery. Strive to keep your motions as smooth as possible and always row to your potential.

Find out more on Ageless Improvement on our website www.fastermastersrowing.com/ageless-improvement

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