

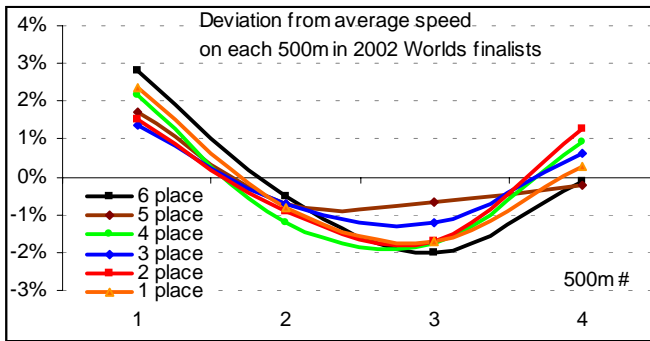


## Facts. Did You Know That...

? ...the winners of the latest Worlds were relatively faster over the 1<sup>st</sup> 500m, but silver and bronze medallists were relatively faster over the final piece? This corresponds to the strategy of the Sydney Olympics medallists.

**2002 data: Deviation of boat speed from average of the same crew in 14 Olympic classes.**

500m piece	Place						All Finalists
	1	2	3	4	5	6	
1	2.4%	1.5%	1.4%	2.2%	1.7%	2.8%	2.0%
2	-0.8%	-0.9%	-0.7%	-1.2%	-0.7%	-0.5%	-0.8%
3	-1.7%	-1.7%	-1.2%	-1.8%	-0.7%	-2.0%	-1.5%
4	0.3%	1.3%	0.6%	0.9%	-0.2%	-0.1%	0.5%
Variation	1.8%	1.6%	1.2%	1.8%	1.2%	2.0%	1.5%

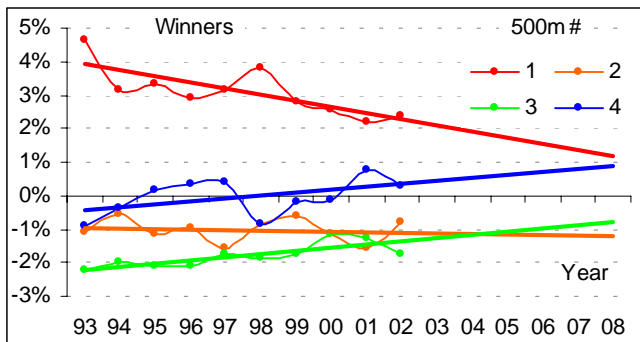


1.

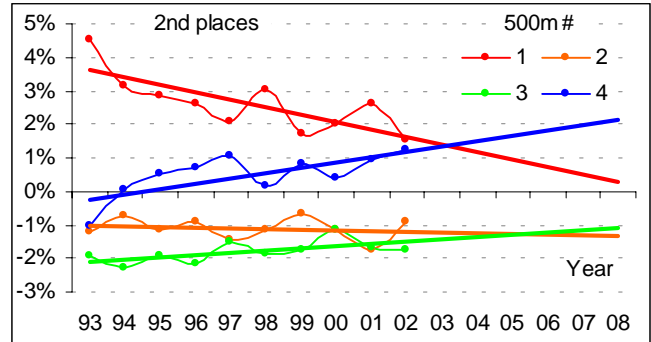
This can be explained by the following reasons:

- Winners have chosen a better race strategy, which gives them advantages in psychological (control over the race) and/or physiological (better work-capacity utilization) aspects.
- Winners were better sprinters, but other medallists had good endurance and cruising speed.

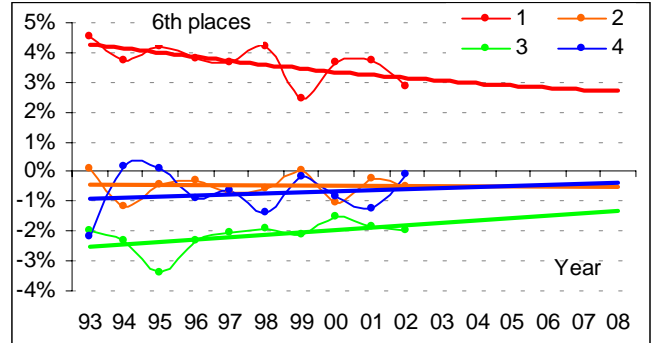
? ...analysis of the trends over the last 10 years shows that the boat speed is getting more and more even during the race? Also, these trends confirm the above considerations and show that the winners usually have relatively faster starts and higher variation of the boat speed. It is interesting, that in 2008 silver medallists are expected to have a faster finish than start section.



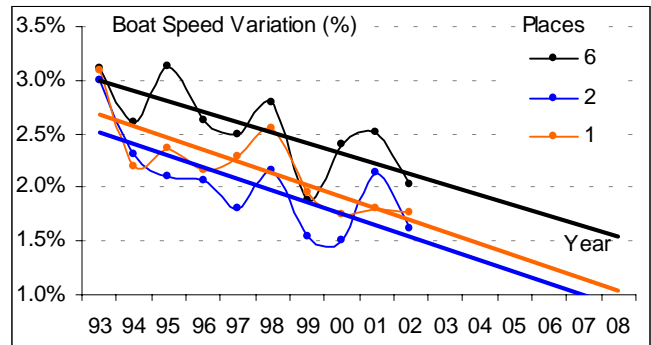
2.



3.



4.



5.

Very likely, the winning strategy in 2008 will be:

- +1, -1, -1, +1%.

## Ideas. What if...

? ...you put a bit more effort in obtaining the correct race strategy? Start with a low speed (70-80%) and practice the desired distribution of the boat speed over the race sections. Then, increase speed and try to maintain correct race pattern. Good luck!

## References

1. Kleshnev V. 2001. Racing strategy in Rowing during Sydney Olympics. *Australian Rowing*. 24(1), 20-23.

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