

China 2007-2008

- Hired as head coach for one of strongest Provinces with invitation to consult on National Women's team but because of internal strife I declined to be involved and prepared province team for internal national championships and qualified province four for the Olympic Regatta!
- Athlete pool as nearly as big as any other big rowing nation in just one province for example Rizhao Training center 22 women total and 16 taller than 6 ft+
- Focus is on National Games every four years – (Olympics Beijing 2008 of course )
- International competition not as important as the preparation for the NG, except Asian Games
- Money no limits – full time training
- Training mix of high volume and high intensity – like to work out 7 days a week (leadership)
- Chinas athletes always trained full time – 7 days a week – only twice a year they go home- spring festival 7 days and 5 days after National championships
- China athletes have a good P index – very athletic and slim
- Strength is underdeveloped – despite high volume – erg score are low (women 7.12 average in the beginning with – later about 7)
- Weight training high focus-Test: one leg squats over 100 reps!
- Altitude training 7-9 weeks –
- Motivation (men's rowing can not win – I got)

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Sample

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Team China vs Provinces

National Team trains full time at Chinese High performance centre with excellent conditions on massive scale

High use of altitude training, team relocates to other centre during winter months

All athletes financially supported to create professional rowers without any education or dual career planning, thus able to focus only on training which is reflected in high volume schedule

- Sample 4 year cycle National Games (OS plus 1)
- Year 1-3: Rebuilding year and shuffling of athletes to best bidding provinces
- Spring Regatta only 1x and 2x (8k and 2k over 1 week)
- National Championships with little value all Boats
- Fall Regatta only 1x and 2x (8k and 2k over 1 week)
- Not all provinces send their best athletes, some peak only for National Games every four years and thus focus little or not at all on yearly regattas
- Sometimes athletes will not take part in national team to be in peak condition for National Games
- National Games so attractive due to high financial reward and status in their community
- Constant competition between provinces for those with greater funds to recreate national team conditions and attract best athletes
- Full time training leads to survival training
- But overall great attitude – warm up – no emotion!

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Samples

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China Training Plan Sample

2007-2008-2009

MO	AM	ROW 6x2000m 85% G.S.	3-4x/week
		SR:1-3,5,26-28,30,32/500M	
		SR: 2-4-6, 28-30	
PM	ROW 2x400m S.S.	2-3x/week	
		每40分钟休息:220,100,200或(15或10)	
DI	AM	4-25AM	
		10-10: 20-20, 30-30, 20-20, 10-10 5-7x/week	
PM	ROW 2x400m steady state	2-3x/week	
MI	AM	ROW 4x1000m 90% G.S.	4-5x/week
		SR:1,3,26,30,32,34/500M或(15或10)	
		SR:2,4,30-32	
		PM: 休息	
DO	AM	3 x 200m (1. SR:20-22 80% speed, 2, 4 (on 1'40" 82%, 3. SR:22 84%)	
		2x (10' 42% 10-10,20,20,30-30,20-20,10-10 SR:30-32)	5-6x/week
PM	ROW 3x400m steady state	2-3x/week	
FR	AM	ROW 2x2000m 90% G.S. SR:32-34	
		2x1500m 92.5% G.S SR:34-36	
		2x1000m 95% G.S. SR:36-38	
		2x 500m 100% G.S SR:40-42	6-8x/week
		PM: ROW 2x 400m S.S. steady state	2-3x/week
SA	AM	ROW 15x400m S.S. 2x400m	2-3x/week
		PM: OFF	

- Weekly Volume :
- 28-32 hours
- 240 -280km
- 3 x weight (strength) mix of endurance and max.
- Running and stretching – high volume
- Worked well for the Province – 3 Gold
- Simple 3:1 cycle
- High Intensity
- WC results – WM or OG

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Weight Training 2007-2008

	Mon.	Wed.	Fri.
A.M. WTS	Back Extension	Squat	Bench Pull
	Seated Back Row	Leg Press	Upright Row
	Inverted Leg Raise	One leg squat	Incline Pull Ups
P.M. WTS	Back Extension	Squat	Bench Pull
	Seated Back Row	Leg Press	Upright Row
	Inverted Leg Raise	One Leg Squat	Incline Pull Ups
	Back Hyperextension	LED Press Front	Lap Pull Down
	Incline Back Raise	Push Jerks	Bench Press
	Good Mornings	Dead Lift	Chinbell Side Pulls
	Straight Leg Dead Lift	Leg Ext.	Eagle Seatings
	SB Up	Step Up	Pull Up

- Every morning before breakfast run or erg 40' + 10min exercises (pull ups, dips...)
- All Stations 2 x 10 – 80-90%

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