



ROWHOUSE

# INCORPORATING ROWING INTO YOUR TRAINING PROGRAM

Caley Crawford & Michelle Parolini

**ROWING**

# WHAT ARE SOME COMPONENTS OF ROWING?

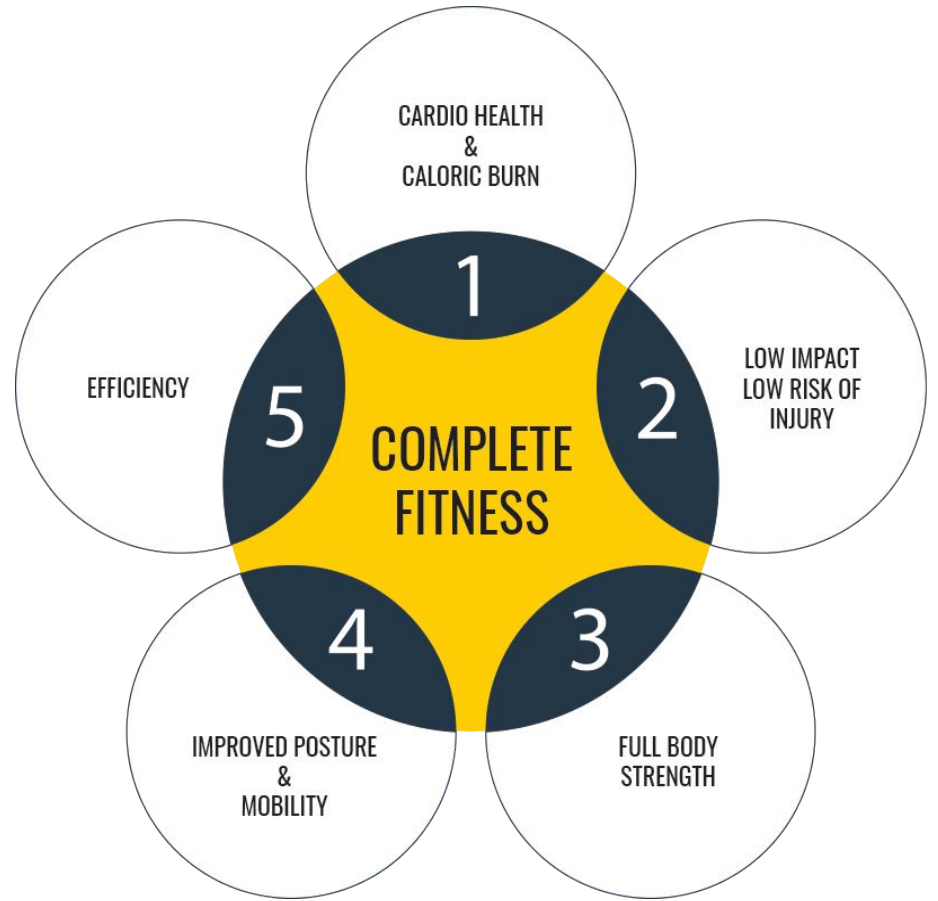
1. Hip Hinge
2. Sagittal Plane
3. Push, then Pull
4. Cardiovascular Training
5. Full Body Movement

**What else?**

# ROWING MECHANICS



# KEY BENEFITS OF ROWING.



# PRIMARY USE-CASES



**AEROBIC TRAINING**



**ANAEROBIC TRAINING**



**WARM-UP/COOL DOWN**

# AEROBIC TRAINING

## WHAT IS AEROBIC TRAINING?

Aerobic exercise provides cardiovascular conditioning. The term aerobic actually means "with oxygen," which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move.

## WHAT ARE THE BENEFITS AEROBIC TRAINING?

- Improves cardiovascular conditioning.
- Decreases risk of heart disease.
- Lowers blood pressure.
- Increases HDL or "good" cholesterol.
- Helps to better control blood sugar.
- Assists in weight management and/or weight loss.
- Improves lung function.
- Decreases resting heart rate.

# ANAEROBIC TRAINING

## WHAT IS ANAEROBIC TRAINING?

Anaerobic exercise is any activity that breaks down glucose for energy without using oxygen. Generally, these activities are of short length with high intensity. The idea is that a lot of energy is released within a small period of time, and your oxygen demand surpasses the oxygen supply.

## WHAT ARE THE BENEFITS ANAEROBIC TRAINING?

- Increases bone strength & density.
- Promotes weight loss.
- Increases power.
- Boosts metabolism.
- Increases lactate threshold.
- Boosts energy.



TRAINING TYPES

# HOW CAN ROWING BE BOTH AEROBIC AND ANAEROBIC?

# ROWING DRILLS

## **AEROBIC ROWING**

- Ladder Drills (Up/Down)
- Steady State

## **ANAEROBIC ROWING**

- Intervals
  - Pressure increasing by intensity vs. rate

## **WARM UP/COOL DOWN**

- Technique Drills
- Steady State

# **PROGRAMMING CONSIDERATIONS**

PROGRAMMING

# WHO IS YOUR TRAINING AUDIENCE?

GROUP

INDIVIDUAL

PROGRAMMING

# PROGRAMMABLE ROWING METRICS

CALORIES

TIME

METERS

WATTAGE

SPLIT

STROKE RATE

PROGRAMMING

# WHO IS THE CLIENT?

PERFORMANCE  
BASED

EMOTIONALLY  
DRIVEN

SPECIAL  
POPULATION

PROGRAMMING

# TRAINING TYPES

AEROBIC

ANAEROBIC

WARM UP/COOL  
DOWN

PROGRAMMING

**WHAT ARE YOUR  
CLIENT'S GOALS?**





# **BUILDING YOUR PROGRAM**

## AUDIENCE

GROUP

INDIVIDUAL

## TRAINING TYPE

ANAEROBIC

AEROBIC

WARM UP/COOL  
DOWN

## CLIENT TYPE

PERFORMANCE-  
BASED

EMOTIONALLY-  
DRIVEN

SPECIAL  
POPULATIONS

## ROWING METRICS

TIME

METERS

CALORIES

WATTAGE

SPLIT TIME

STROKE RATE



**PAIRING ROWING WITH  
OTHER EXERCISES**

# IS ROWING GOING TO...

- Supplement or Reinforce the paired exercise(s)?
- Maintain or disregard the rowing benefits?

# STANDARD BENCHMARKS

# ROWING BENCHMARKS

- 500M
- 2K
- 5K
- 10K

# KEEP IN TOUCH!



[www.therowhouse.com](http://www.therowhouse.com)



[education@therowhouse.com](mailto:education@therowhouse.com)



[@caley\\_crawford](#)  
[@mpfitinthe412](#)  
[@rowhouseofficial](#)