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Training for the Complete Rower: A Guide to Improving Performance

Paul Thompson, Alex Wolf

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Training for the Complete Rower: A Guide to Improving Performance

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Training for the Complete Rower: A Guide to Improving Performance Paul Thompson, Alex Wolf This book aims to provide and challenge coaches and rowers with best practice, advice, principles, and training programs to improve their rowing experience and performance. Regardless of whether you are looking to improve on-water performance, set an indoor rowing personal best, or enhance the quality of your training, you will find something of value within these pages. Topics covered include training and technique; egrometer training; specific rowing conditioning; strength training; monitoring and assessing land training; mobility and flexibility; weightlifting technique; trunk training; nutrition; and mental skills.

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