



ROWHOUSE

INCORPORATING ROWING INTO YOUR TRAINING PROGRAM

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ROWING

WHAT ARE SOME COMPONENTS OF ROWING?

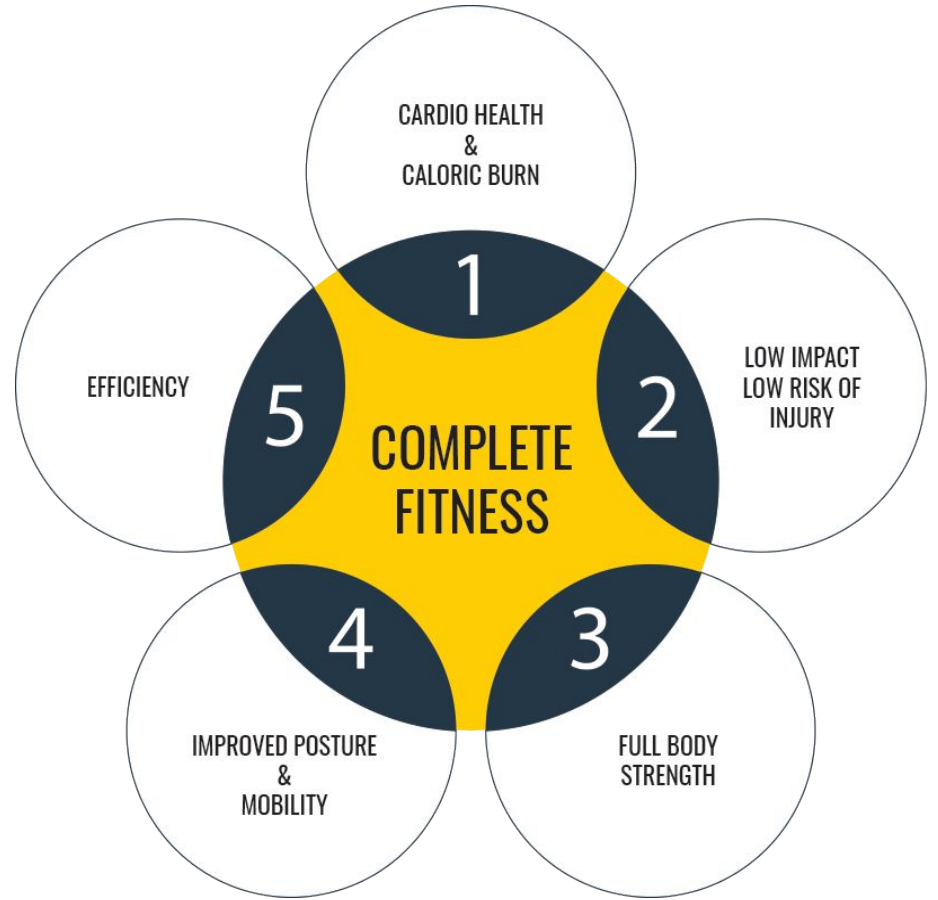
1. Hip Hinge
2. Sagittal Plane
3. Push, then Pull
4. Cardiovascular Training
5. Full Body Movement

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!



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