



CHASE
SPARTANS™

Alumni Banquet

Improvement

- *Team growth*
- *5 coaches*
- *40+ rowers*
(up from 24 in 2015)



Nutrition



Regimen

- *Steady State >200 min/week*
- *A.T. >60 min/week*
- *Core 2-3 x/week*
- *Lifting 2-3 x / week*
- *Periodization*
- *Sprint Work 1-3 x / week*
- *30% Increase Y-O-Y*



Source Material

OUBC Training Programme Week 42/43 October 1-14 2007

Monday 1
Tuesday 2

Active Recovery/Strength
OmegaWave Training
Ergo 60 min A ext 2 @ 18

Row 16 km A ext 2 / Technique
Ergo 60 min A ext 2 @ 18

Weight Training
Row 14 km A ext 2 @ 18

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Week 42/43 October 15-28 2007

November 12 - 19 2007

OUBC Training Programme Week 47/48 November 19 - December 4 2007

Monday 19

Active Recovery/Strength

Tuesday 20

1. OmegaWave Training Ergo 75 min A ext 2 @ 18

2. Row 18 km A ext 2 / Technique

Wednesday 21

1. Ergo 60 min A ext 1 @ 18-20 slides

2. Row 30 km A ext 2 @ 18

Thursday 22

1. Weight Training 45 min plus pull ups, 20 Reps

2. Row 20km inc 2 x 1000m @ 20

Friday 23

1. Ergo 60 min A ext 2 @ 18-20 slides

2. Row 16 km include 4 x 270m strokes @ 24, 26, 28, 30

Saturday 24

1. Row 1 x 2 km @ 24, 26, 28 plus 10 km Regeneration row

Sunday 25

1. Row 20 km Technique/A ext 2

2. Row 12 km inc 5 x 200m stroke @ 30

Monday 26

1. Active recovery and stretching

Tuesday 27

1. OmegaWave Training Ergo 60 min A ext 2

2. Coverham competitive piece

Wednesday 28

1. Ergo 50 min A ext 2 / Regain

2. Coverham competitive piece

Thursday 29

1. Ergo 50 min A ext 2 / Regain

2. Coverham competitive piece

Friday 30

1. Ergo 60 min A ext 2 / Regain

2. Off

Saturday 1

1. Row 16 km A ext 2

2. Rule 10 km

Sunday 2

1. Row 20 km A ext 2

Monday 3

1. Active Recovery and stretching

Tuesday 4

1. Physiology Testing Day



CASE
SPARTANS

Lactate Testing



Lactate Testing



CASE
SPARTANS

Lactate Testing



Hammer Ergatta

Case Won:

- *Men's Open*
- *Women's Open*
- *Men's Novice*
- *Women's Lightweight*
- *Men's Novice*
- *Women's & Men's Relay*
- *The Hammer Cup*



CASE
SPARTANS

New Equipment

1 Pocock Midweight 8+

1 Pocock Heavy-Mid 8+

1 Resolute 4+

3 sets of oars

1 Megaphone

2 Stroke Coaches

1 Launch

CRAIG



Spring Season



YTD Results

- ***U of Alabama Scrimmage***
- ***Won 100% of Home Schools***
- ***6 “gold”, 2 “bronze” at SUNY Invite***
- ***Strong Showing at Don Lubber’s Cup
(and re-invite)***
- ***WN8+ Ranking***



Upcoming Goals

- 5-10% collective speed improvement*
- Top 3 finish at MACRA*
- Dad Vails Finalists*



***Thank you, Alumni
and Parents!***

***We couldn't have come this
far without your support***

