

**⑩Hired 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!**

**⑩Athlete 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+**

**⑩Focus is on National Games every four years – (Olympics Beijing 2008 of course )**

**⑩International competition not as important as the preparation for the NG, except Asian Games**

**⑩Money no limits – full time training**

**⑩Training mix of high volume and high intensity – like to work out 7 days a week (leadership)**

**⑩Chinas 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**

**⑩China athletes have a good P index – very athletic and slim**

**⑩Strength is underdeveloped – despite high volume – erg score are low (women 7.12 average in the beginning with – later about 7')**

**⑩Weight training high focus-Test: one leg squats over 100 reps!**

**⑩Altitude training 7-9 weeks –**

**⑩Motivation (men's rowing can not win – Igor)**

# Sample



## 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**

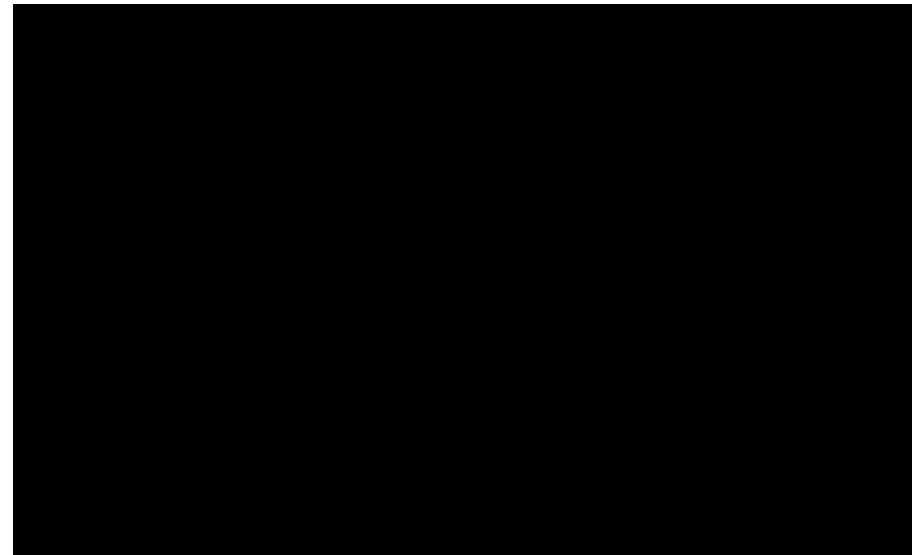
### ⑩ Sample 4 year cycle National Games (OS plus 1)

#### ⑩ 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!



# Samples



# China Training Plan Sample



2007年5月1日-5月6日

|    |      |  |         |
|----|------|--|---------|
| MO | AM : | <b>ROW 6x2000m 85% G.S.</b>  | 3-6mml  |
|    |      | SR:1-3-5,26-28-30-32/ 500M   |         |
|    |      | SR: 2-4-6, 28-30   |         |
|    | PM : | <b>ROW 2x40min S.S.,</b><br>每40分钟包括:2X(10X20桨快/15桨慢)   | 2-3mml  |
| DI | AM : | 4/23AM   |         |
|    |      | 10- 10 , 20-20 , 30-30 , 20-20 , 10-10   | 5-7mml  |
|    | PM : | ROW 2x40min steady state   | 2-3mml  |
| MI | AM : | <b>ROW 4x2000m 90% G.S.</b>  | 4-6mml  |
|    |      | SR:1,3:28-30-32-34/500M变换  |         |
|    |      | SR:2,4:30-32   |         |
|    | PM : | 休息   |         |
| DO | AM : | 3 x 20min (1. SR20-22 80% speed, 2. 4' on 1' off 82%, 3. SR 22 84%)  |         |
|    |      | 3X (10' - K/S 10-10,20-20,30-30,20-20,10-10 SR 30-22)  | 5-8 mml |
|    | PM : | ROW 3x40min- steady state  | 2-3mml  |
| FR | AM : | ROW <b>2x2000m 90% G.S. SR:32-34</b><br><b>2x1500m 92,5% G.S SR:34-36</b><br><b>2x1000m 95% G.S. SR::36-38</b><br><b>2x 500m 102% G.S SR:40-42</b> | 6-8mml  |
|    | PM : | ROW <b>2x 40min S.S. steady state</b>  | 2-3mml  |
| SA | AM : | ROW 3x40S.S 24KM   | 2-4mml  |
|    | PM:  | OFF  |         |

- ⑩ **Weekly Volume :**
- ⑩ **28-32 hours**
- ⑩ **240 -280km**
- ⑩ **3 x weight (strength) mix of endurance and max.**
- ⑩ **Running and stretching – high volume**
- ⑩ **Worked well for the Province – 3 Gold**
- ⑩ **Simple 3:1 cycle**
- ⑩ **High Intensity**
- ⑩ **WC results – WM or OG**

# Weight Training 2007-2008



|    | Mon.  | Wed.            | Fri.               |
|----|---|-----------------|--------------------|
| 10 |   |                 |                    |
| 10 | <b>A.M. WTS</b>   |                 |                    |
| 10 | Back Extension  | Squat           | Bench Pull         |
| 10 | Seated Back Row   | Leg Press       | Upright Row        |
| 10 | Inverted Leg Raise  | One leg squat   | Incline Pull Ups   |
| 10 | <b>P.M. WTS</b>   |                 |                    |
| 10 | Back Extension  | Squat           | Bench Pull         |
| 10 | Seated Back Row   | Leg Press       | Upright Row        |
| 10 | Inverted Leg Raise  | One Leg Squat   | Incline Pull Ups   |
| 10 | Back Hyperextension   | LEG Press Front | Lat Pull Down      |
| 10 | Incline Back Raise  | Push Jerks      | Bench Press        |
| 10 | Good Mornings   | Dead Lift       | Dumbell Side Pulls |
| 10 | Straight Leg Dead Lift  | Leg Ext.        | Eagle Swings       |
| 10 | Sit Up  | Step Up         | Pull Up            |
| 10 |   |                 |                    |
| 10 | Every morning before breakfast run or erg.40'+ 10min exercises (pull ups, dips....) |                 |                    |
| 10 | All Stations 2 x 10 – 80-90%  |                 |                    |