

Southsea Rowing Club

PAUL THOMPSON LAND PROGRAMME

Weights

Should be undertaken 2-3 times per week. Sets and repetitions vary according to objectives of training.

	Strength	Power	Hypertrophy
Sets	3-4	4-6	4-6
Repetitions	2-6	6-10	10-15
Intensity % max	90-100	60-70	75-85
Speed	Slow	Dynamic	Dynamic to slow through set

Power clean

Can be split into three components to practice individually or overcome problem with increasing weight.

1. Catch position – front squat x 10 full depth and then thighs parallel with floor
2. Lift from mid thigh x 10 to emphasise “second pull.”
3. Clean from hip x 10 to emphasise explosive second pull

Bench Pull

Three way shoulder exercise

Front, side fly, back in that order – keeping shoulder blades down

Good Mornings

Soften the knees, back straight then drive – almost like second half of stroke

Dead Lift

Back Squat/Leg Press

Single Arm Row

Back Extension

Abdominal Exercises

Core Exercises

Meerkats

Small movement, don't rock feet

Abdominal Curl to Catch

Bent knees – lie flat, sit up to catch position. Can add weight but not until technique good without. For sweep oarsmen can add sit up and twist but hands adopt alternate catch positions to left and right.

Plank on Front

Rest on elbows for 30-60seconds – keep body straight

Sideways Bridge

Start on elbow, top hand on hip – keep body straight and hips and shoulders vertical. Second stage is to rest on hand. Third phase is to raise and lower upper leg whilst maintaining bridge.

Push Up on Gym Ball

Keep body straight in horizontal and side to side planes

Sideways Leg Lowering

Lying on side raise top leg and lower

Lunge – forward

Straight forward, keeping the body vertical. Try to get a good rhythm dynamic through drive up. Can add weights but must maintain technique. Can also add forward and backward lunges.

Single leg squat on bench

Down slow & drive up. Keep trunk up as you drive up

Gym Ball Squats

Start with both legs – control with core down and drive up. Develop into single leg.

Squats on Wobble Cushion

Deep squat, hands out in front. Can develop into "Ratzberg Hop" type movement with weight in front.

Suspended Ergo

Can be done in early and late drive positions hold for 45-60secs. Keep knees in line with hips and feet, do not let them close together.

Stretches

General

Apply gentle pressure on each stretch for 15-20 seconds and repeat up to three times. Do not “bounce” stretches as this may cause damage. Do not stretch from cold, get the circulation going first, e.g. 5 mins light ergo.

Hamstring

Lying on floor lift each leg in turn to stretch hamstring. Try to keep the leg straight. Can add to stretch by use of towel or rope to pull leg towards you or reach up to pull down toes.

Hip flexors

Kneel on one knee with other foot flat on ground with knee bent to 90%. Push forward keeping the body upright to stretch hip flexors. Repeat on other side. Can enhance stretch by raising arm on same side as kneeling leg.

Quads

Kneeling position as above but reach round and lift foot of kneeling leg. Draw in core muscles to maintain a solid trunk. Repeat on other side.

Alternatively, lie on side, lower leg bent through 90%. Bend top knee and pull foot back towards you, keeping knee/leg parallel with floor. Repeat on other side.

Groin and inner thighs

Seated Bhuda

Lower Back

Lying on back, take one leg across the body and press down, keeping shoulders on floor. Repeat with other leg.

Glute stretch

Lying on back cross one leg in front of the other and pull back on lower knee