

SRC SQUAD TRAINING

Theme Sheet - Sliding on the ergos

This theme sheet follows on from "Finishes in the boat and Finishes on the ergo."

As you slide think of the following:

- check that the weight has transferred onto the feet and that the core is engaged;
- slide steady and smooth;
- keep the body angle steady and reaching forward as you slide;
- keep the hands level and stable, do not drop them as your hands approach the catch;
- compress until the shins are vertical - no further - do not over compress;
- once you are at front stops with your shins vertical do not reach for more length.

Ergo Exercises - sliders

Practice on the sliders, if you get the sequence right you should feel that you are sliding steadily and not rushing the last half of the slide. Have someone watch or video you to ensure that the sequence is right and that you are not reaching for more at the catch. Check that the chain stays level on the recovery. If you are stiff, lower your feet to help you get into the right position early and maintain it as you slide forward. As you practice stretching and increase flexibility you can raise your feet again but only if you can rock the pelvis forward, rather than bending your thoracic spine.

Other exercises

- Backstop rowing (could also be used to emphasise the finish and tap down [release])
With the legs flat, "paddle" with and without "reach forward" without bending legs. Check the position of the hands at the finish (well into chest) and the sequence: tap down, hands away, reach forward. Do not rush and finish each stroke out. Do not draw the handle down before the end of the stroke.
- Quarter, half, three quarter slide
Extend backstop rowing by rowing 20 or so strokes at each of the above sliding approximately six inches more each set. Work on ensuring stability at the finish, breath out and engage your core at the finish of each stroke and as you start to reach forward. If this is followed by 20 strokes at full slide it will emphasise the timing of the release.