



COACH DEVELOPMENT SESSIONS

Selection



SELECTION

- Process – RCA
- Preparing for success



SELECTION - Process

- No Perfect Process
- RCA Development – Built on small boat principles.
- Athlete selects themselves.



SELECTION - Process

- Considerations
 - Eligibility?
 - Pre Selection process?
 - Other requirements and expectations?



SELECTION - Process

Eligibility

General	Registered and in good standing with RCA	
AGE Eligibility	U23	Born in 1994 or later
	Junior	Born in 1998 or later
	FISU - WUC	Age between 18 and 28 in the calendar year (born in 1998 through to 1988)
Other	FISU - WUC	Meet eligibility requirements outlined by FISU www.fisu.net



SELECTION - Process

Pre – Selection Process

Item	Details
Letter of intent	Submitted to RCA by Oct 14, 2015. <i>See appendix 2</i>
RADAR	Comply with minimum monitoring requirements. <i>See Athlete monitoring document and appendix 2.1</i>



SELECTION - Process

JUNIOR					
Events	Dates	Athletes	Location	Selection Process and distance	Result from selection process
Junior assessment West	April 16-17	All Junior athletes near BC	Burnaby	1x and 2-. Time trial and finals (2km) followed by matrix in 2- and 2x (1km).	Gain experience in the selection process with no definite selection decisions.
Junior assessment East	Apr30 - May 1	All Junior athletes near Ont.	London ONT		
Junior Selection Trials	June 6-9	Only Invited athletes from the two Junior Assessment events	Welland	1x and 2-. Time trial and finals (2km)	Possible selection from Final A: Winning boat at 91% and coach
				Matrix in 2x and 2- (1km)	Reduce the number to approx 8 Scullers and 8 sweep
				Seat racing in 4x and 4-	Ranking of individuals in small boats
				Seat racing in 4x and 4-	Select Fastest combinations

Time trials: Ranking of athletes in 1x's – Crews in 2-'s – Identify possible 1x / 2-

Matrix: Second Ranking of "Scullers" Crew boats - Identify possible 2x
 Second Ranking of "Sweepers" as individuals (P/S) - Identify possible 2-

Seat Racing: Confirm previous rankings in large boats – Identify Possible 4- / 4x



SELECTION - Process

U23					
Steps	Dates	Athletes	Location	Selection Process and distance	Result from selection process
STEP 1	May 14-15	Canadian based athletes	Welland	1x and 2-. Time trial and finals (2km)	Possible selection from Final A: Winning boat at 93% and coach
				Matrix in 2x and 2- (1km)	Reduce the number to approx 10 Scullers and 10 sweep
STEP 2	May 16-19			Matrix in 2x and 2- (1km)	Ranking of individuals in small boats
STEP 3	June 11-17	US based athletes + invited athletes from Stage 2	LM, LW and W at London Training Center M at VTC Elk Lake	Seat racing in 4x and 4- (1km)	Produce Fastest combinations Invite approx 8 athletes to Step 3
				Matrix in 2- and 2x, and Seat racing in 4x and 4-	Select fastest combinations



SELECTION - Process

COMMENTS / QUESTIONS

What are you trying to achieve?

What are your values?



SELECTION – Preparing For Success

- **Preparing for Selection**
- **Preparing for Competition**
 - **Training must reflect the goal**



Preparing For Success – Selection

JUNIOR					
Events	Dates	Athletes	Location	Selection Process and distance	Result from selection process
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				Matrix in 2x and 2- (1km)	Reduce the number to approx 8 Scullers and 8 sweep
				Seat racing in 4x and 4-	Ranking of individuals in small boats
					Select Fastest combinations

- Coaches - What do you need to do?
- Athletes - What do you need to do?



Preparing For Success – Selection

General

- Review requirements / complete
 - Engage system – no missed opportunities
- Ability to row a 1x or 2-
- Time trials vs Side by side racing



Preparing For Success – Selection

Specific

- Best boat for the athlete
 - 1x vs 2- (use GMS)
 - Ask RCA for feedback
- Practice the Process
 - Matrix / Seat racing
 - In club vs external



Preparing For Success - Competition

TRAINING MUST REFLECT GOAL

Realities of International Competition

- **Boat Speeds** - Gold Medal standards (GMS)
- **Race profiles** – Pacing



Rowing Canada Aviron Gold Medal Prognostic Times 2015 to 2016

Olympic Events															
		M8+	W8+	M4x	W4x	M4-	LM4-	M2x	W2x	LM2x	LW2x	M2-	W2-	M1x	W1x
Senior	Time m/s	5:18 6.289	5:52 5.682	5:31 6.042	6:06 5.464	5:40 5.882	5:45 5.797	6:00 5.556	6:36 5.051	6:05 5.479	6:46 4.926	6:11 5.391	6:50 4.878	6:32 5.102	7:10 4.651

International Events									
		LM8+	M4+	LM4x	LW4x	W4-	LM2-	LM1x	LW1x
Senior	Time m/s	5:24 6.144	5:53 5.666	5:37 5.935	6:13 5.356	6:18 5.291	6:18 5.291	6:38 5.025	7:15 4.598

Ergometer Standards					
		Men	Women	Light Women+	Light Men*
2000m	Time	5:45	6:43	7:02	6:10
	split	1:26.2	1:40.7	1:45.5	1:32.5
6000m	Time	18:27	21:20	22:18	19:36
	split	1:32.2	1:46.7	1:51.5	1:38.5

*: at Race Weight + 1kg or if no Race Weight assigned: FISA Max weight

Paralympic Events					
		LTA4+	TA2x	ASM1x	ASW1x
Senior	Time m/s	3:16 5.102	3:55 4.255	4:45 3.509	5:25 3.077

Paralympic Ergometer Standards					
			1000m		
			NT	LTA	TA
Men	Time	Split	3:07	3:40	4:20
		Split	1:33.5	1:50	2:10
	SR	Time	3:16.3	3:51	4:33
		Split	1:38.2	1:55.5	2:16.5
Women	Time	Split	3:40	4:05	5:00
		Split	1:50	2:02.5	2:30
	SR	Time	3:51	4:17.2	5:15
		Split	1:55.5	2:08.6	2:37.5

International Speeds

JW1X

		2008	2009	2010	2011	2012	2013	Average	Ideal	Avg GMT 07:10.00
		Line	Line	Line	Line	Line	Line			
Gold	Nation	GER	GER	GER	GER	GER	GBR			
	1st 500	01:53.59	01:52.63	01:55.53	01:55.48	01:53.88	01:56.13	01:54.37		
	2nd 500	02:01.95	01:56.99	01:59.91	01:59.18	02:00.97	01:58.56	01:59.59		
	3rd 500	01:59.47	01:56.24	01:59.49	02:00.62	02:03.11	01:59.78	01:59.78		
	4th 500	01:55.75	01:58.27	01:55.47	02:02.74	01:57.68	01:58.52	01:57.72		
	2000 m time	07:50.76	07:44.13	07:50.40	07:58.00	07:55.52	07:49.96	07:51.66		91.2%
	Nation	USA	ESP	ROU	IRL	RSA	BLR			
Silver	1st 500	01:58.69	01:54.14	01:56.76	01:54.36	01:53.72	01:51.62	01:54.88		
	2nd 500	02:00.27	01:57.02	02:00.85	01:59.73	02:03.04	01:59.20	01:59.99		
	3rd 500	02:01.00	01:56.46	02:00.23	02:02.32	02:03.57	02:04.94	02:01.62		
	4th 500	01:58.83	01:58.23	01:55.23	02:03.15	01:59.16	01:57.33	01:58.67		
	2000 m time	07:58.89	07:48.85	07:52.87	07:59.56	07:59.48	07:53.09	07:55.46		90.4%
	Nation	NOR	CHN	GRE	LAT	ROU	FRA			
	Bronze	1st 500	01:59.01	01:50.83	01:58.84	01:54.99	01:55.41	01:52.80	01:55.33	
2nd 500		02:01.15	01:58.41	02:01.54	01:59.27	02:03.48	01:59.26	02:00.51		
3rd 500		02:01.23	02:01.89	01:58.17	02:03.93	02:04.66	02:04.69	02:02.43		
4th 500		02:00.70	02:00.00	01:58.73	02:04.43	02:00.72	01:58.24	02:00.47		
2000 m time		08:02.09	07:41.13	07:57.28	08:02.62	08:04.25	07:55.09	07:58.74		89.8%
Nation		ROU	CUB	NEO	ITA	BLR	GBR			
4th		1st 500	01:57.28	01:53.65	01:52.71	01:55.28	01:56.08	01:52.03	01:54.50	
	2nd 500	02:03.79	02:00.41	02:02.26	01:58.83	02:04.80	02:00.91	02:01.84		
	3rd 500	02:03.58	02:03.22	02:02.43	02:04.09	02:06.44	02:06.01	02:04.29		
	4th 500	02:02.84	01:58.25	02:03.29	02:07.09	02:03.02	02:00.98	02:02.21		
	2000 m time	08:07.27	07:53.53	08:09.72	08:05.28	08:10.84	07:59.98	08:02.85		89.1%
	Nation	AUS	SLO	LAT	DEN	ESP	BRA			
	5th	1st 500	01:57.74	01:54.46	01:57.33	01:56.68	01:55.73	01:54.59	01:56.09	
2nd 500		02:04.93	02:03.16	02:02.74	02:01.99	02:05.78	02:01.17	02:03.29		
1500 m time		06:07.81	06:01.42	06:03.93	06:04.14	06:09.09	06:01.84	06:04.67		
3rd 500		02:05.14	02:03.80	02:03.86	02:05.47	02:07.60	02:05.88	02:05.29		
4th 500		02:00.67	02:00.00	02:02.61	02:06.61	02:05.70	01:58.63	02:02.37		
2000 m time		08:08.48	08:01.42	08:06.54	08:10.75	08:14.79	08:00.27	08:07.04		88.3%
Nation		CRO	AUT	AZE	CZE	DEN	SWE			
6th	1st 500	01:57.03	01:54.50	02:01.08	01:57.85	DNS	01:57.84	01:57.58		
	2nd 500	02:09.24	02:02.98	02:04.04	02:03.62	DNS	02:01.78	02:04.29		
	3rd 500	02:09.38	02:04.17	02:04.08	02:05.77	DNS	02:06.42	02:05.76		
	4th 500	02:05.91	02:02.08	02:02.37	02:11.40	DNS	01:57.66	02:03.88		
	2000 m time	08:21.66	08:04.03	08:11.57	08:17.94	DNS	08:02.50	08:11.52		87.8%
	2000 m time	08:17.01	07:51.37	08:04.22	07:51.31	07:57.83	08:06.80	08:01.42		89.3%

Preparing For Success – Competition

WHY 91%

AVERAGE SPEED FOR JUNIOR EVENT PLACINGS 2008-2013

	JUNIOR MEN							JUNIOR WOMEN					
	JM1X	JM2-	JM2X	JM4+	JM4-	JM4X	JM8+	JW1X	JW2-	JW2X	JW4-	JW4x	JW8+
Gold	92.7%	91%	92.6%	92%	92.2%	92.1%	92.2%	91.2%	91.5%	91.1%	91.7%	92.3%	90.9%
Silver	92.2%	91%	91.9%	92%	91.7%	91.7%	91.9%	90.4%	90.9%	90.3%	91.2%	91.5%	90.2%
Bronze	91.1%	91%	91.3%	92%	91.1%	91.3%	91.3%	89.8%	90.3%	90.0%	90.8%	91.0%	89.3%
4th	90.6%	90%	90.5%	91%	90.5%	90.8%	91.1%	89.1%	89.3%	89.4%	90.1%	90.6%	88.0%
5th	89.4%	90%	89.8%	90%	89.7%	89.8%	90.1%	88.3%	88.6%	88.5%	89.3%	89.8%	87.1%
6th	88.4%	89%	88.9%	89%	88.9%	89.5%	88.5%	87.5%	87.6%	87.8%	87.8%	89.2%	84.0%
slowest qualifying time	90.6%	87%	91.0%	90%	89.4%	90.6%	89.1%	89.3%	88.1%	89.6%	87.2%	89.5%	86.1%




Race Profiles

Domestic – What do you Coach?



Race Profiles

Domestic vs International

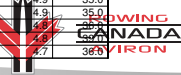


2
(Event)

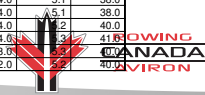
RACE DATA
Men's Pair
SAT 31 AUG 2013

M2-FA
Race 208

Dist. [m]	ESP		FRA		POL		NZL		ITA		NED	
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke
50	4.0	47.0	3.9	39.0	3.8	44.0	3.8	46.0	3.9	43.0	3.9	49.0
100	5.2	45.0	5.2	45.0	5.1	42.0	5.0	45.0	5.2	48.0	5.1	44.0
150	5.3	44.0	5.4	43.0	5.5	39.0	5.2	43.0	5.3	45.0	5.3	41.0
200	5.2	43.0	5.3	41.0	5.4	37.0	5.2	42.0	5.3	43.0	5.2	39.0
250	5.2	42.0	5.2	39.0	5.2	36.0	5.2	41.0	5.1	42.0	5.1	36.0
300	5.1	42.0	5.1	39.0	5.1	36.0	5.1	40.0	5.1	40.0	5.1	35.0
350	5.1	41.0	5.0	36.0	5.0	35.0	5.1	40.0	4.9	40.0	5.1	32.0
400	5.0	40.0	5.0	35.0	4.9	35.0	5.0	39.0	4.9	39.0	5.0	33.0
450	5.0	40.0	4.9	34.0	4.9	35.0	5.1	39.0	4.9	40.0	4.9	33.0
500	5.0	40.0	4.9	37.0	4.9	35.0	5.1	39.0	4.9	40.0	4.8	33.0
550	4.9	39.0	4.9	34.0	4.8	35.0	5.0	35.0	4.9	40.0	4.8	36.0
600	4.9	39.0	4.8	37.0	4.8	34.0	5.0	38.0	4.8	39.0	4.8	36.0
650	4.8	38.0	4.8	36.0	4.8	32.0	5.0	38.0	4.8	39.0	4.8	31.0
700	4.8	38.0	4.8	37.0	4.7	34.0	4.9	38.0	4.7	39.0	4.8	35.0
750	4.8	38.0	4.8	36.0	4.8	34.0	5.1	38.0	4.8	39.0	4.8	36.0
800	4.8	38.0	4.8	36.0	4.7	33.0	4.9	38.0	4.7	39.0	4.7	35.0
850	4.7	38.0	4.8	36.0	4.8	34.0	4.9	35.0	4.7	39.0	4.7	35.0
900	4.7	38.0	4.8	36.0	4.7	34.0	5.0	37.0	4.7	39.0	4.8	36.0
950	4.8	38.0	4.8	36.0	4.8	34.0	5.0	34.0	4.7	39.0	4.8	33.0
1000	4.8	37.0	4.8	36.0	4.7	34.0	5.0	37.0	4.7	39.0	4.9	36.0
1050	4.8	38.0	4.9	36.0	4.8	34.0	5.1	38.0	4.7	39.0	4.8	36.0
1100	4.8	38.0	4.9	36.0	4.8	34.0	5.1	38.0	4.7	39.0	4.8	36.0
1150	4.7	38.0	4.8	37.0	4.8	34.0	5.1	38.0	4.8	39.0	4.8	33.0
1200	4.9	38.0	4.9	37.0	4.8	34.0	5.1	38.0	4.8	40.0	4.9	36.0
1250	4.9	37.0	5.0	34.0	4.8	34.0	5.1	38.0	4.7	40.0	4.8	31.0
1300	4.7	37.0	4.9	37.0	4.8	34.0	5.0	38.0	4.8	39.0	4.8	33.0
1350	4.7	38.0	4.9	37.0	4.8	34.0	5.1	38.0	4.7	40.0	4.8	31.0
1400	4.7	37.0	4.9	37.0	4.7	34.0	5.1	38.0	4.7	40.0	4.9	34.0
1450	4.9	38.0	5.0	37.0	4.8	34.0	5.0	38.0	4.7	40.0	4.9	37.0
1500	4.9	38.0	4.9	37.0	4.8	35.0	5.1	38.0	4.7	39.0	4.9	34.0
1550	5.0	39.0	5.0	38.0	4.8	34.0	5.2	38.0	4.8	39.0	5.0	37.0
1600	4.9	38.0	5.1	36.0	4.9	32.0	5.2	38.0	4.8	40.0	5.0	32.0
1650	4.9	39.0	5.1	36.0	5.0	35.0	5.2	38.0	4.8	40.0	5.0	36.0
1700	4.8	39.0	5.1	39.0	4.8	33.0	5.0	38.0	4.6	40.0	4.8	38.0
1750	4.9	39.0	5.1	40.0	4.7	35.0	5.0	38.0	4.7	40.0	4.9	35.0
1800	5.0	41.0	5.0	39.0	4.8	30.0	5.0	38.0	4.8	40.0	4.9	35.0
1850	4.9	40.0	5.0	40.0	4.9	33.0	4.9	38.0	4.7	40.0	4.9	35.0
1900	4.8	40.0	4.9	40.0	4.9	33.0	4.9	34.0	4.6	41.0	4.8	37.0
1950	4.9	40.0	4.8	40.0	4.9	33.0	4.8	34.0	4.6	40.0	4.8	36.0
2000	4.7	38.0	4.7	38.0	4.9	31.0	4.7	34.0	4.6	40.0	4.7	36.0



2 (Event)		RACE DATA Men's Pair SAT 5 SEP 2015										M2- FA Race 328	
Dist. [m]	ITA		SRB		NZL		GBR		AUS		NED		
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	
50			4.3	44.0	4.1	47.0	4.2	47.0	4.2	46.0	4.2	48.0	
100			5.5	42.0	5.4	47.0	5.4	45.0	5.4	44.0	5.4	44.0	
150			5.6	41.0	5.6	45.0	5.6	44.0	5.6	42.0	5.6	43.0	
200			5.5	40.0	5.6	44.0	5.6	42.0	5.6	41.0	5.6	42.0	
250			5.4	39.0	5.6	42.0	5.6	42.0	5.6	39.0	5.6	41.0	
300			5.4	39.0	5.5	42.0	5.5	41.0	5.5	39.0	5.5	40.0	
350			5.3	37.0	5.4	41.0	5.4	41.0	5.4	38.0	5.5	39.0	
400			5.3	37.0	5.4	40.0	5.3	40.0	5.3	37.0	5.3	38.0	
450			5.3	37.0	5.3	40.0	5.3	40.0	5.3	37.0	5.3	38.0	
500			5.3	37.0	5.3	40.0	5.3	39.0	5.2	37.0	5.2	38.0	
550			5.3	37.0	5.3	39.0	5.2	40.0	5.2	37.0	5.2	38.0	
600			5.3	37.0	5.4	40.0	5.3	39.0	5.3	37.0	5.2	37.0	
650			5.2	37.0	5.4	40.0	5.3	39.0	5.2	36.0	5.2	37.0	
700			5.2	37.0	5.3	40.0	5.2	39.0	5.2	37.0	5.3	38.0	
750			5.2	36.0	5.3	39.0	5.1	39.0	5.2	37.0	5.2	37.0	
800			5.2	36.0	5.4	39.0	5.2	39.0	5.2	37.0	5.0	37.0	
850			5.2	37.0	5.3	39.0	5.1	39.0	5.2	36.0	5.1	37.0	
900			5.1	36.0	5.2	39.0	5.1	38.0	5.1	36.0	5.1	38.0	
950			5.1	36.0	5.3	39.0	5.1	38.0	5.0	35.0	5.1	37.0	
1000			5.1	36.0	5.3	39.0	5.1	39.0	5.0	35.0	5.1	37.0	
1050			5.1	36.0	5.3	39.0	5.2	39.0	5.0	35.0	5.2	37.0	
1100			5.1	37.0	5.2	39.0	5.2	38.0	4.9	36.0	5.0	37.0	
1150			5.1	37.0	5.2	39.0	5.1	38.0	4.9	35.0	5.0	37.0	
1200			5.1	37.0	5.2	39.0	5.1	38.0	4.9	35.0	5.1	37.0	
1250			5.2	37.0	5.4	39.0	5.1	38.0	4.9	35.0	5.1	37.0	
1300			5.2	37.0	5.3	39.0	5.1	38.0	4.9	35.0	5.0	37.0	
1350			5.1	37.0	5.3	39.0	5.1	39.0	4.9	35.0	5.1	38.0	
1400			5.1	37.0	5.3	39.0	5.1	39.0	4.9	35.0	5.0	37.0	
1450			5.2	38.0	5.3	38.0	5.1	39.0	4.9	36.0	4.9	37.0	
1500			5.2	38.0	5.4	38.0	5.1	38.0	4.9	35.0	5.1	37.0	
1550			5.3	38.0	5.4	39.0	5.2	40.0	5.0	36.0	5.0	37.0	
1600			5.3	38.0	5.4	39.0	5.3	40.0	5.0	35.0	5.0	38.0	
1650			5.2	38.0	5.4	40.0	5.3	41.0	4.9	34.0	5.1	38.0	
1700			5.3	38.0	5.4	40.0	5.3	41.0	4.9	34.0	5.1	38.0	
1750			5.2	38.0	5.3	39.0	5.4	41.0	4.9	34.0	5.1	38.0	
1800			5.3	38.0	5.4	39.0	5.4	42.0	4.9	34.0	5.1	38.0	
1850			5.3	38.0	5.4	40.0	5.4	42.0	4.8	34.0	5.2	40.0	
1900			5.1	38.0	5.4	40.0	5.3	41.0	4.9	34.0	5.1	38.0	
1950			5.1	38.0	5.4	39.0	5.3	40.0	4.8	33.0	5.1	38.0	
2000			5.1	38.0	5.3	40.0	5.1	40.0	4.7	32.0	5.1	38.0	



JW1X		International Speeds														
	Nation	2008		2009		2010		2011		2012		2013		Average	Ideal	Av GMT 07:10:00
		Line	Time	Line	Time	Line	Time	Line	Time	Line	Time	Line	Time			
Gold	GER	01:53.59	01:52.63	01:55.53	01:55.48	01:53.88	01:56.13	01:54.37								
	USA	02:01.95	01:56.99	01:59.91	01:59.18	02:00.97	01:58.56	01:59.59								
	GBR	01:59.47	01:56.24	01:59.49	02:00.62	02:03.11	01:59.78	01:59.78								
	ITA	01:55.75	01:58.27	01:55.47	02:02.74	01:57.68	01:58.52	01:57.72								
	SRB	07:50.76	07:44.13	07:50.40	07:58.00	07:55.52	07:49.96	07:51.66								91.2%
	ROU															
	IRL															
Silver	USA	01:58.69	01:54.14	01:56.76	01:54.36	01:53.72	01:51.62	01:54.88								
	ESP	02:00.27	01:57.02	02:00.65	01:59.73	02:03.94	01:59.20	01:59.99								
	ROU	02:01.00	01:56.46	02:00.23	02:02.32	02:03.57	02:04.94	02:01.62								
	IRL	01:58.83	01:58.23	01:55.23	02:03.15	01:59.15	01:57.33	01:58.67								
	RSA	07:58.69	07:48.85	07:52.87	07:59.56	07:59.48	07:53.09	07:55.46								90.4%
	BLR															
	FIN															
Bronze	NOR	01:59.84	01:56.83	01:58.84	01:54.99	01:55.41	01:52.90	01:55.33								
	CHN	02:01.15	01:58.41	02:01.54	01:59.27	02:03.46	01:56.26	02:00.51								
	GRE	02:01.23	02:01.89	01:58.17	02:03.93	02:04.66	02:04.69	02:02.43								
	LAT	02:00.70	02:00.00	01:58.73	02:04.43	02:00.72	01:58.24	02:00.47								
	ROU	08:02.09	07:41.13	07:57.28	08:02.62	08:04.25	07:55.09	07:58.74								89.8%
	CRO															
	NEO															
4th	CRO	01:57.26	01:53.65	01:52.71	01:55.28	01:56.08	01:52.03	01:54.50								
	ITA	02:03.79	02:00.41	02:02.26	01:58.83	02:04.80	02:00.91	02:01.84								
	NEO	02:03.58	02:03.22	02:02.43	02:04.09	02:06.44	02:06.01	02:04.29								
	ITA	02:02.84	01:58.25	02:03.29	02:07.09	02:03.02	02:00.98	02:02.21								
	ROU	08:07.27	07:43.53	08:09.72	08:05.28	08:10.34	07:59.98	08:02.85								89.1%
	FIN															
	FIN															
5th	AUS	01:57.74	01:54.46	01:57.33	01:56.68	01:55.73	01:54.59	01:56.09								
	ROU	02:04.93	02:03.16	02:02.74	02:01.99	02:05.78	02:01.17	02:03.29								
	ITA	06:07.81	06:01.42	06:03.93	06:04.14	06:09.09	06:01.64	06:04.67								
	FIN	02:05.14	02:03.85	02:03.86	02:05.47	02:07.60	02:05.88	02:05.29								
	ROU	02:00.67	02:00.00	02:02.61	02:06.61	02:05.70	01:58.63	02:02.37								
	ITA	08:08.48	08:01.42	08:06.54	08:10.75	08:14.79	08:02.27	08:07.04								88.3%
	FIN															
6th	CRO	01:57.03	01:54.52	02:01.08	01:57.85	DNS	01:57.64	01:57.58								
	AUT	02:09.24	02:02.98	02:04.04	02:03.62	DNS	02:01.78	02:04.29								
	ITA	02:09.38	02:04.17	02:04.08	02:05.77	DNS	02:06.42	02:05.76								
	FIN	02:05.91	02:02.08	02:02.37	02:11.40	DNS	01:57.66	02:03.88								
	ROU	08:21.56	08:04.03	08:11.57	08:17.94	DNS	08:02.50	08:11.52								87.8%
	ITA															
	FIN	08:17.01	07:51.37	08:04.22	07:51.31	07:57.83	08:06.80	08:01.42								89.3%





APPENDIX 2A U19 PERIODIZATION

U19 PERIODIZATION

TRAINING PHASES	TRAINING VOLUME PER WEEK
Preparation Period 1	5 – 7 On-water OR erg sessions per week (9 – 13 hours)
Preparation Period 2	2 – 3 Cross training sessions per week (4 – 6 hours)
Pre Competition	2 – 4 Strength and conditioning sessions per week (2 – 4 hours)
Competition	
Transition Period	TOTAL HOURS = 15 – 23 hours per week

50 WEEKS PER YEAR

NATIONAL TEAM SQUAD TRAINING (HOURS/WEEK)

CATEGORY	NAME	OTHER NAMES	MONTH	OCT – JAN	FEB – MAR	APR	MAY – JUL	AUG	SEPT
			PHASE	PREP 1	PREP 2	PREP 3	PRE COMPETITION	COMPETITION	TRANSITION
C1	Overspeed	Anaerobic Capacity Training				1	1	1	
C2	Race Speed	Oxygen Transport Training		1	1	1–2	2	1–2	
C3	Short Endurance	Anaerobic Threshold Training		1	2	2	4	3	1
C4	Middle Endurance	Oxygen Utilisation Training		3	3	5	3	4	2
C5	Long Endurance	Basic Oxygen Utilisation Training		5	5	4	3	4	3
C6	Recovery / Long Endurance	Recovery / Fuel Utilisation Training		6	6	5	4	5	7
	Regatta						1–3		
	Strength and Conditioning			2–4	2–4	2–3	1–3	1–3	2
HOURS PER WEEK				18 – 20	19 – 22	20 – 22	19 – 23	19 – 22	15

ROWING CANADA AVIRON ATHLETE DEVELOPMENT PATHWAY

39

APPENDIX 5B HIGH PERFORMANCE ERGOMETER PROGRESSION TABLE - WOMEN

WOMEN - HIGH PERFORMANCE ERGOMETER PROGRESSION TABLE

		AGE	15	16	17	18	19	20	21	22	23	24+	
PEAK POWER	EXCELLENT	Split	01:28.7	01:27.0	01:25.3	01:23.9	01:22.6	01:21.5	01:20.7	01:19.9	01:19.1	01:18.6	
		Watts	502	532	564	593	622	647	667	687	707	721	
	VERY GOOD	Split	01:29.6	01:27.8	01:26.2	01:24.8	01:23.4	01:22.3	01:21.5	01:20.7	01:19.9	01:19.4	
		Watts	487	517	548	575	604	628	647	666	686	700	
	OK	Split	01:32.1	01:30.3	01:28.6	01:27.2	01:25.7	01:24.6	01:23.8	01:23.0	01:22.2	01:21.6	
		Watts	448	475	504	529	555	578	595	613	631	644	
	NEEDS IMPROVEMENT	Split	01:34.7	01:32.9	01:31.1	01:29.6	01:28.2	01:27.0	01:26.2	01:25.3	01:24.5	01:23.9	
		Watts	413	437	463	487	511	531	547	564	581	592	
	1 MINUTE	EXCELLENT	Meters	308.5	314.5	320.7	326.0	331.3	335.7	339.0	342.3	345.7	348.0
			Split	01:37.2	01:35.4	01:33.5	01:32.0	01:30.6	01:29.4	01:28.5	01:27.6	01:26.8	01:26.2
		VERY GOOD	Watts	381	404	428	449	472	491	505	520	536	547
			Meters	305.4	311.4	317.5	322.7	328.0	332.3	335.6	338.9	342.3	344.5
OK		Split	01:38.2	01:36.3	01:34.5	01:33.0	01:31.5	01:30.3	01:29.4	01:28.5	01:27.6	01:27.1	
		Watts	369	392	415	436	458	476	490	505	520	530	
NEEDS IMPROVEMENT		Meters	297.0	302.9	308.8	313.9	319.0	323.2	326.4	329.6	332.9	335.1	
		Split	01:41.0	01:39.1	01:37.2	01:35.6	01:34.0	01:32.8	01:31.9	01:31.0	01:30.1	01:29.5	
NEEDS IMPROVEMENT		Watts	340	360	382	401	421	438	451	465	478	488	
		Meters	288.9	294.5	300.3	305.2	310.3	314.3	317.4	320.6	323.8	325.9	
NEEDS IMPROVEMENT		Split	01:43.8	01:41.9	01:39.9	01:38.3	01:36.7	01:35.4	01:34.5	01:33.6	01:32.7	01:32.1	
		Watts	313	331	351	369	387	403	415	427	440	449	

ROWING CANADA AVIRON ATHLETE DEVELOPMENT PATHWAY

45

WOMEN - HIGH PERFORMANCE ERGOMETER PROGRESSION TABLE

		AGE	15	16	17	18	19	20	21	22	23	24+	
2000 METERS	EXCELLENT	Time	7:30	7:22	7:13	7:06	6:59	6:54	6:50	6:46	6:42	6:39	
		Split	01:52.5	01:50.4	01:48.3	01:46.5	01:44.8	01:43.4	01:42.4	01:41.4	01:40.4	01:39.8	
	VERY GOOD	Watts	246	260	276	290	304	316	326	336	346	353	
		Time	7:35	7:26	7:17	7:10	7:03	6:58	6:54	6:50	6:46	6:43	
	OK	Split	01:53.7	01:51.5	01:49.4	01:47.6	01:45.9	01:44.5	01:43.5	01:42.4	01:41.4	01:40.8	
		Watts	238	253	268	281	295	307	316	326	336	342	
	NEEDS IMPROVEMENT	Time	7:48	7:39	7:30	7:22	7:15	7:10	7:05	7:01	6:57	6:54	
		Split	01:56.9	01:54.6	01:52.4	01:50.6	01:48.8	01:47.4	01:46.4	01:45.3	01:44.3	01:43.6	
	NEEDS IMPROVEMENT	Watts	219	232	246	259	272	282	291	300	309	315	
		Time	8:01	7:51	7:42	7:35	7:28	7:22	7:17	7:13	7:09	7:06	
	6000 METERS	EXCELLENT	Split	02:00.2	01:57.9	01:55.6	01:53.7	01:51.9	01:50.5	01:49.4	01:48.3	01:47.2	01:46.5
			Watts	202	214	227	238	250	260	268	276	284	290
VERY GOOD		Time	23:50	23:22	22:55	22:33	22:11	21:54	21:41	21:28	21:16	21:07	
		Split	01:59.1	01:56.8	01:54.6	01:52.7	01:50.9	01:49.5	01:48.4	01:47.4	01:46.3	01:45.6	
OK		Watts	207	219	233	244	257	267	275	283	292	297	
		Time	24:04	23:36	23:09	22:47	22:25	22:07	21:54	21:41	21:28	21:20	
NEEDS IMPROVEMENT		Split	02:00.3	01:58.0	01:55.8	01:53.9	01:52.1	01:50.6	01:49.5	01:48.4	01:47.4	01:46.7	
		Watts	201	213	226	237	249	259	267	275	283	289	
NEEDS IMPROVEMENT		Time	24:45	24:16	23:48	23:25	23:03	22:45	22:31	22:18	22:05	21:56	
		Split	02:03.7	02:01.4	01:59.0	01:57.1	01:55.2	01:53.7	01:52.6	01:51.5	01:50.4	01:49.7	
NEEDS IMPROVEMENT		Watts	185	196	208	218	229	238	245	253	260	265	
		Time	25:27	24:57	24:28	24:05	23:41	23:23	23:09	22:56	22:42	22:33	
NEEDS IMPROVEMENT	Split	02:07.2	02:04.8	02:02.4	02:00.4	01:58.5	01:56.9	01:55.8	01:54.6	01:53.5	01:52.8		
	Watts	170	180	191	201	211	219	226	232	239	244		

46

ROWING CANADA AVIRON ATHLETE DEVELOPMENT PATHWAY

APPENDIX 4 STRENGTH TARGETS BY AGE

MEN

CHRONOLOGICAL AGE	16-18	18-20	21	22	23	24	25+
Bench Pull (kg) (1.2x BW)	61	68	80	86	98	109	119
Squat (kg) (1.7 x BW)	95.7	114	132	144	152	158	168
Deadlift (kg) (1.9x BW)	104	118	141	154	167	178	188
Plank (seconds)	224	235	247	259	272	286	300
Side Plank R (seconds)	134	141	148	155	163	171	180
Side Plank L (seconds)	134	141	148	155	163	171	180
Back Ext hold (seconds)	224	235	247	259	272	286	300
Flexor Endurance test (seconds)	188	197	207	218	229	240	252
TRAINING AGE	1	2	3	4	5	6	7

LIGHTWEIGHT MEN

CHRONOLOGICAL AGE	16-18	18-20	21	22	23	24	25+
Bench Pull (kg) (1.2x BW)	53	53	61	66	73	80	88
Squat (kg) (1.7 x BW)	82.5	89	101	110	113	117	124
Deadlift (kg) (1.9x BW)	90	92	108	117	124	131	139
Plank (seconds)	224	235	247	259	272	286	300
Side Plank R (seconds)	134	141	148	155	163	171	180
Side Plank L (seconds)	134	141	148	155	163	171	180
Back Ext hold (seconds)	224	235	247	259	272	286	300
Flexor Endurance test (seconds)	188	197	207	218	229	240	252
TRAINING AGE	1	2	3	4	5	6	7

WOMEN

CHRONOLOGICAL AGE	16-18	18-20	21	22	23	24	25+
Bench Pull (kg) (1.1x BW)	47	52	56	61	69	78	87
Squat (kg) (1.6 x BW)	72	85	98	106	112	117	126
Deadlift (kg) (1.8x BW)	86	96	105	114	123	133	142
Plank (seconds)	224	235	247	259	272	286	300
Side Plank R (seconds)	134	141	148	155	163	171	180
Side Plank L (seconds)	134	141	148	155	163	171	180
Back Ext hold (seconds)	224	235	247	259	272	286	300
Flexor Endurance test (seconds)	188	197	207	218	229	240	252
TRAINING AGE	1	2	3	4	5	6	7

LIGHTWEIGHT WOMEN

CHRONOLOGICAL AGE	16-18	18-20	21	22	23	24	25+
Bench Pull (kg) (1.2x BW)	40	41	44	46	52	58	64
Squat (kg) (1.7 x BW)	62	67	75	81	84	87	93
Deadlift (kg) (1.9x BW)	74	75	81.2	87	99	99	104
Plank (seconds)	224	235	247	259	272	286	300
Side Plank R (seconds)	134	141	148	155	163	171	180
Side Plank L (seconds)	134	141	148	155	163	171	180
Back Ext hold (seconds)	224	235	247	259	272	286	300
Flexor Endurance test (seconds)	188	197	207	218	229	240	252
TRAINING AGE	1	2	3	4	5	6	7



42

ROWING CANADA AVIRON ATHLETE DEVELOPMENT PATHWAY

APPENDIX 7A RECOMMENDED TRAINING SPEEDS FOR HIGH PERFORMANCE ATHLETES - MEN

BOAT CLASS	TRAINING ZONE	STROKE RATE	TIME 500M	TIME 2000M	% OF SR GMS	
JR MEN	1x	C1	>42	1:37.0	6:28.1	101%
		C2	36-37	1:44.3	6:57.0	94%
		C3	33-34	1:47.7	7:10.8	91%
		C4	27-29	1:56.7	7:46.7	84%
		C5	21-22	2:05.6	8:22.6	78%
		C6	18-19	2:12.4	8:49.7	74%
U23 MEN	1x	C1	>42	1:34.2	6:16.9	104%
		C2	36-37	1:41.0	6:44.1	97%
		C3	33-34	1:44.3	6:57.0	94%
		C4	27-29	1:52.6	7:30.6	87%
		C5	21-22	2:01.0	8:04.0	81%
		C6	18-19	2:07.3	8:29.1	77%
MEN	1x	C1	>42	1:31.6	6:06.4	107%
		C2	36-37	1:38.0	6:32.0	100%
		C3	33-34	1:41.0	6:44.1	97%
		C4	27-29	1:48.9	7:15.6	90%
		C5	21-22	1:56.7	7:46.7	84%
		C6	18-19	2:02.5	8:10.0	80%
U23 LWT MEN	1x	C1	>42	1:35.7	6:22.7	104%
		C2	36-37	1:42.6	6:50.3	97%
		C3	33-34	1:45.9	7:03.4	94%
		C4	27-29	1:54.4	7:37.5	87%
		C5	21-22	2:02.8	8:11.4	81%
		C6	18-19	2:09.2	8:36.9	77%
LWT MEN	1x	C1	>42	1:33.0	6:12.0	107%
		C2	36-37	1:39.5	6:38.0	100%
		C3	33-34	1:42.6	6:50.3	97%
		C4	27-29	1:50.6	7:22.2	90%
		C5	21-22	1:58.5	7:53.8	84%
		C6	18-19	2:04.4	8:17.5	80%



54

BOAT CLASS	TRAINING ZONE	STROKE RATE	TIME 500M	TIME 2000M	% OF SR GMS	
JR MEN	2-	C1	>43	1:31.8	6:07.3	101%
		C2	36-37	1:38.7	6:34.7	94%
		C3	33-34	1:41.9	6:47.7	91%
		C4	27-29	1:50.4	7:21.7	84%
		C5	22-23	1:58.9	7:55.6	78%
		C6	18-19	2:05.3	8:21.4	74%
U23 MEN	2-	C1	>43	1:29.2	5:56.7	104%
		C2	36-37	1:35.6	6:22.5	97%
		C3	33-34	1:38.7	6:34.7	94%
		C4	27-29	1:46.6	7:06.4	87%
		C5	22-23	1:54.5	7:38.0	81%
		C6	18-19	2:00.5	8:01.8	77%
MEN	2-	C1	>43	1:26.7	5:46.7	107%
		C2	36-37	1:32.7	6:11.0	100%
		C3	33-34	1:35.6	6:22.5	97%
		C4	27-29	1:43.1	6:52.2	90%
		C5	22-23	1:50.4	7:21.7	84%
		C6	18-19	1:55.9	7:43.7	80%
U23 LWT MEN	2-	C1	>43	1:30.9	6:03.5	104%
		C2	36-37	1:37.4	6:29.7	97%
		C3	33-34	1:40.5	6:42.1	94%
		C4	27-29	1:48.6	7:14.5	87%
		C5	22-23	1:56.7	7:46.7	81%
		C6	18-19	2:02.7	8:10.9	77%
LWT MEN	2-	C1	>43	1:28.3	5:53.3	107%
		C2	36-37	1:34.5	6:18.0	100%
		C3	33-34	1:37.4	6:29.7	97%
		C4	27-29	1:45.0	7:00.0	90%
		C5	22-23	1:52.5	7:30.0	84%
		C6	18-19	1:58.1	7:52.5	80%

ROWING CANADA AVIRON ATHLETE DEVELOPMENT PATHWAY

Training MUST reflect Goal

**Junior Development Squad – JDS
U23 Development Squad – U23 DS**

**Targeted training sessions
Monthly monitoring sessions**



Training MUST reflect Goal

**Preparation for Competitive goal
=
Success at selection**





COACH DEVELOPMENT SESSIONS

QUESTIONS / DISCUSSION

