

WAY 'NUFF - PWRC'S MONTHLY NEWSLETTER

Inside This Issue

Gold's Indoor Rowing Schedule  
Winter Training Manual:  
10 Tips For Success  
Breathing for Indoor Rowing  
Rowing Clinics  
2007 Board Members

Upcoming Events

Mid-Atlantic Erg Sprints  
George Washington MS  
Alexandria, VA Sat, Feb 3  
(snow date: Sat, Feb 10)

Prince William High Schools  
Erg Sprints Sat, Feb 10  
(snow date: Sat, Feb 17)

Note: a call for club volunteers to help run this event will be coming out right after New Year's.

C.R.A.S.H. - B Erg Sprints  
(Boston, MA) Sun, Feb 25

**Gold's Gym Indoor Rowing Schedule**

Dillingham Square:  
Mondays at 7:00 p.m. Angie Hart  
Wednesdays at 7:00 p.m. Michael Heisey  
Thursdays at 7:00 p.m. Tom Richbourg  
Sundays at 11:00 a.m. Michael Heisey

Lorton Gym:  
Tuesdays at 7:00 p.m. Joe Kramer  
Saturdays at 11:00 a.m. Nalini Rhea



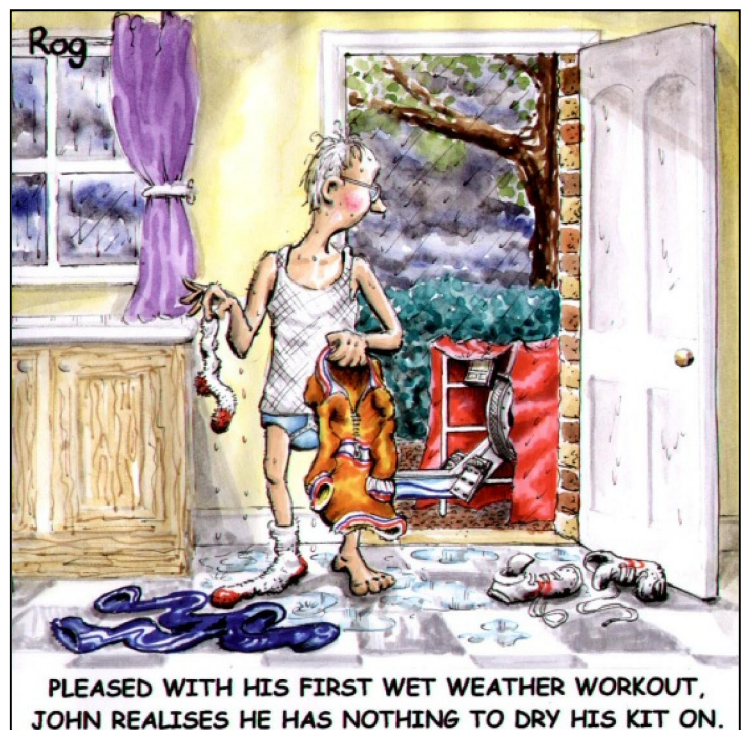
From the President ...

..... Mike David

Fellow Members-

Nalini tells me I get one last chance to say goodbye next month, so I'll be brief. I hope you all had a great Thanksgiving and are making good progress on your Concept 2 Holiday Challenge meters. I'd also encourage you to support the Gold's Gym rowing classes led by Michael, Angie, and Tom at the Lake Ridge gym and by Nalini at the Lorton gym...I'm sure they'd love to look out at shining faces, plus it's a great way to stay in shape and allow for that extra serving of dessert. Happy shopping ...

Mike



## Winter Training Manual: Ten Tips for Success

by Mayrene T. Earle, M.Ed  
*printed with author's permission*

Well, another fall racing season is drawing to a close, which means winter training season is almost here again. This is a great time to re-evaluate the goals you set for yourself last year and to set new goals for this year's winter training season. Here are 10 tips for more effective training during the winter months.

1. Evaluate your preparation for the past season. Did you accomplish your goals? What do you need to work on so you improve your performance next year? Do you need more strength training this winter? Do you need a stronger base of aerobic conditioning?
2. Assess your rowing technique. Winter training is an opportunity to bring your stroke rating down and "groove in" muscle memory for better technique.
3. Set your goals. Identify short-term, intermediate and long-term goals and use these as a road map. When you know where you are going, your training becomes far more effective. Your goals can be performance-related, such as developing a better turnaround at the catch, or outcome-related, such as lowering your 2K score by 15 seconds.
4. Keep a logbook. Record your workouts, keeping notes on what does and does not work as well as on how you feel physically and emotionally. This record gives you invaluable feedback about your progress and will help you identify if you are under-training or over-training.
5. Visualize yourself achieving your goals. All good athletes rehearse mentally. Remember, your mind is one of your most powerful tools for success!
6. Add variety to your workouts. It's especially helpful to identify cross-training activities that are fun for you and work them into your routine. Turn to these when your usual rowing workouts feel stale or boring.
7. Re-evaluate your progress regularly and don't hesitate to modify your goals as needed. For instance, you may need to back off training while an injury heals. Check in with yourself every so often: Have you set your goals too high? Should you be challenging yourself more? It's important to be flexible, so you respond to what's happening right now, rather than rigidly following a game plan that's no longer appropriate for you.
8. Consider hiring a coach who's committed to your success. A coach provides personalized feedback and instruction, ongoing support, an objective perspective and accountability. When I coach rowers, I help them design workouts, stay focused and *re-discover their passion for rowing*.
9. Eat well, drink lots of water and get plenty of sleep. Your body needs fuel and rest to perform well.
10. Celebrate your successes and HAVE FUN!!!

Mayrene T. Earle, M.Ed., is founder of Masters Coaching. She conducts masters rowing camps and clinics around the world and has a private life coaching practice. Contact her at [mayrene@masterscoaching.com](mailto:mayrene@masterscoaching.com).



"One of the unique aspects of rowing is that novices strive to perfect the same motions as Olympic contenders. Few other sports can make this claim. In figure skating, for instance, the novice practices only simple moves. After years of training, the skater then proceeds to the jumps and spins that make up an elite skater's program. But the novice rower, from day one, strives to duplicate a motion that he'll still be doing on the day of the Olympic finals."

-- Brad Alan Lewis from [WANTED: Rowing Coach](#)

---

**Disclaimer from the Editor:** *Some of you may feel this article contains technical jargon which the average rower may not comprehend. Since this newsletter is read by many, I feel it important to include a wide range of information. Many readers are well-versed in physical therapy, be physical or personal trainers, or may perhaps just be interested in the dynamics involved with rowing. For those of you who are, this may be interesting. For the rest .... don't beat up on the editor!*

## Breathing for Indoor Rowing

by Harry Welsh B Ed (Hon) Dip RG & RT

The observation of many rowers in competition has led to the realization that in many instances performance could benefit from a greater appreciation of not just the breathing rhythm, but a more in-depth understanding of the physiology of the breathing cycle.

Listening to the breathing of rowers under stress, the arrhythmic panting and gasping occurring is indicative of this. So for those rowers who do have some concern, or those who have not but who would appreciate a little knowledge, the following article is offered.

### Physiology

The primary and essential function of inhalation is to provide oxygen for the lungs to play their part in the cardio-respiratory process, whereby oxygen is transported by the bloodstream to muscle tissue as a form of fuel. Conversely, the function of exhalation is to provide the means whereby the body can rid itself of waste products (carbon dioxide). The heart as a muscular pump provides the means whereby venous blood is distributed to the lungs, and oxygenated blood is circulated throughout the body.

Within the lungs a gaseous interchange takes place, by way of the thousands of air sacs (alveoli), within the lungs. As the walls of the alveoli are only the thickness of one cell, the gases contained within the lungs and bloodstream, oxygen and carbon dioxide are able to diffuse freely from and into the air sacs. This is made possible through the principle of attraction, whereby a larger concentration of gas is attracted to a smaller concentration. Thus, on inhalation the higher concentration of oxygen that is present within the lungs is attracted to the lesser concentration within the circulatory system. At the same time the lower concentration of carbon dioxide within the lungs attracts the greater concentration of carbon dioxide that is present in the bloodstream. This process is continuous.

The capacity of the lungs is physiologically divided into three areas. Namely (a) Residual air, which is air that remains within the lungs after full exhalation. (b) Tidal air, which is the ebb and flow of normal breathing. (c) Vital capacity, which is the total amount of air that can be exhaled from full inhalation to full exhalation. Vital capacity is of great importance to aerobic capacity and fitness. This can be measured with a spirometer.

### Application

The foregoing was to provide a brief overview of the oxygen transportation system. However, from the above it can be deduced that the less carbon dioxide that is present within the lungs as the gaseous interchange is taking place, the greater will be the amount of carbon dioxide that will be extracted from the bloodstream. The reverse being true of the oxygen input. So it follows that exhalation, that is prolong and strong, during an endurance or demanding event, will benefit the aerobic performance, as will a deeper inhalation. The suggested rhythm of breathing should be coordinated with the stroke rhythm. This is the drive and recovery. The pattern should then be exhalation with the drive then inhalation with the recovery.

As previously stated, the inhalation must be deep, and the exhalation strong and prolonged. However, it is easier to say than do. As with any newly acquired action it needs to be firmly established or "grooved" in order to ensure that the new action or skill is superimposed over the old pattern. It is often the old, familiar and possible comfortable pattern that can present problems. This is due to the fact that as fatigue or stress becomes evident, it is highly likely that the newly acquired movement pattern will be interrupted and the previous familiar pattern then reasserts itself. The suggested breathing pattern should be practiced and established in conjunction with steady state rowing for the best results. It may well be that positive cognitive reminders are necessary.

Mention was made of the gasping and panting by many rowers. Physiologically this is the result of trying to get more air into the lungs. This is understandable, but at a cost. The breathing pattern changes to a gasp for air, then a short exhalation. This results in a backlog of carbon dioxide building up within the circulatory system. In such circumstances the respiratory center in the brain is stimulated to increase the breathing rate. This could compound the situation. Within the context of retaining a stable and effective breathing rhythm in a demanding situation, inhalation is obviously vital. However, exhalation could be more important.

The major points of this article are: (a) Establish the adopted breathing pattern and rhythm during steady state rowing. (b) Deep inhalation followed by strong prolonged exhalation, coordinated with the recovery and the drive. (c) Prior to, and after a row, aerate the lungs through full inhalation followed by full exhalation for a half a dozen cycles. You will be better prepared and should recover quicker. Hopefully the above may prove to be of some help to a few.

---

## MASTER'S ROWING CLINIC JANUARY 13TH-15TH, 2007 - Martin Luther King Weekend

UC San Diego has been running a January Master's Rowing Camp for Scullers & Sweep rowers for the past 7 years, and it is VERY popular. If your members are looking for a warm (ish) getaway over the Martin Luther King Weekend, they can get some great coaching, and help support the women's crew at UC San Diego. Details are online at: [http://www.ucsdtritons.com/ViewArticle.dbml?DB\\_OEM\\_ID=5800&KEY=&ATCLID=213411](http://www.ucsdtritons.com/ViewArticle.dbml?DB_OEM_ID=5800&KEY=&ATCLID=213411) (and below).

Camp Elements:      Adaptation and Recovery – Making your training plan work for you  
Race Day Planning – Preparing for Success  
Basic Rigging – Adapting the boat to YOU.  
Using Mental Skills in Training and Racing.  
Individual Rowing Instruction  
Video Review  
Strength Training-is it for you and up-to-date options

**Coaches:** **Pattie Pinkerton**, former Australian National team coach, High Performance Coach, and Coach of the Year in both Australia and the West Coast Conference, will lead the Clinic and work with individual athletes. Pattie holds a Graduate Diploma in Coaching from the Australian Coaching Council and has presented coaching and athlete clinics in the USA, England and Australia, as well as working with development teams in Australia, England and the USA. She will be joined by **UC San Diego Staff coaches** and **Charles Luckman**, former Western Australian Institute of Sport sculling coach, and US National Kayak Coach.

**Camp Basics:** Open to Men and Women Master's Sweep and Sculling

**Ages:** 27 years or older.

**Experience Levels:** Novice, Intermediate and Advanced.

**Total Clinic Cost:** \$325.00. Includes morning snacks, lunch, video tape, and t-shirt.

**Deposit:** \$85.00 non-refundable deposit due at time of registration.

**Balance:** Due by January 7th.

**Requirements:** All athletes must sign a waiver, and provide proof of swimming ability.

**Registration Deadline:** January 7th, 2007

Registration is online at [www.ucsdtritons.com](http://www.ucsdtritons.com) or go directly to

[http://www.ucsdtritons.com/ViewArticle.dbml?DB\\_OEM\\_ID=5800&KEY=&ATCLID=213411](http://www.ucsdtritons.com/ViewArticle.dbml?DB_OEM_ID=5800&KEY=&ATCLID=213411)

For more information: contact Pattie Pinkerton at [ppinkert@ucsd.edu](mailto:ppinkert@ucsd.edu) or 858.337.9344

**Accommodations:** Participants must make their own hotel reservations. Within walking distance are: Surfer Lodge 711 Pacific Beach Drive, 858 483 7070; and Best Western Blue Sea Lodge (more expensive) 800-258 3732, 707 Pacific Beach Drive, Dana Inn 619.222.6440 Bahia 858.488.0551

**Food:** Lunch and Continental breakfast provided.

---

### TENTATIVE CAMP SCHEDULE

#### Saturday Morning

8:30-9:00am Registration and Introduction

9:00-10:00 Step test (optional)

10:00-11:30 Rowing –Video

12:00-1:00 Lunch-Video Review

1:30-3:00 Rowing Session Two

#### Saturday Afternoon

12:00-1:00 Lunch- Technique/Video Review

1:30-3:00 Row 2b/Video Review A

3:00-4:30 Row 2a/Video Review B

4:30-5:30 Practical Rigging

Evening-Dinner "on-your-own",  
informal conversations

*(continued next page)*

---

**Sunday**

7:00-8:00 Review Oar Path/Release  
8:00-10:00 Row – Video  
10:30-11:30 Training Programs/ Adaptation  
12:00-1:00 Lunch-Video Review  
1:00-2:00 Segment A - Core Stability  
                  Segment B - Stretching  
2:30-4:30 Row- Catch; Drills  
4:30-5:30 Review

**Monday**

7:00-8:00am Row  
8:00-10:00 Review- Race Starts  
10:30-11:30 Mental Skill/ Race Plans  
11:30-1:00 Row-Starts etc (small race!)  
1:00-2:00 Wrap Up-Review

---

**2007 PWRC Board Members**

President -	Mike Lee
Women's VP -	Mary Pat Mabeus
Men's VP -	Steve Bull
Operations Director -	Wally Sorensen
Communications Director -	Jill Clifton
Regatta Director -	Brenda Waltz
Social Director -	Darlene Russell
Treasurer -	Frank Fisher
Secretary -	Karen Hohman

In rowing... I found a sport that demanded some skill, granted, but placed a much higher premium on plain hard work and persistence. -- Harry Parker

If you focus on results, you will never change. If you focus on change, you will get results. -- Jack Dixon

Rowing provided a place to go, a community where people cared about what I did and what I achieved. -- Nancy Greene

