

## NOR 2XM

Project: 2 boatlength more development than the rest of the competition to Rio Og 2016

How:

- 0,5 sec faster first 500 m (feeling safe at the start and high speed into the second minute)
- 1 sec faster on the second 500 m (keep acceleration, length and stay patient)
- 1 sec faster on the third 500 m (increase of rate, acceleration of carriage)
- 1 sec in the last 500 (thrust)
- 10 cm more travel distance a stroke gives 20 m in a 2000 m race)

Fields of improvements:

Field	Focus	To do	Follow up
Technique	<ul style="list-style-type: none"> <li>-Acceleration – handle of the oar</li> <li>-Technique tapering = movement economy</li> <li>-Stay in the centre</li> <li>-Narrow focus on speed training</li> </ul>	<ul style="list-style-type: none"> <li>-Training and drills</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>Feeling</li> <li>Coach observation</li> <li>Video</li> </ul>
Physiological	<ul style="list-style-type: none"> <li>-Altitude</li> <li>-Follow the plan</li> </ul>	<ul style="list-style-type: none"> <li>-Be prepared on every training</li> </ul>	<ul style="list-style-type: none"> <li>Communication . regulations</li> </ul>
Psychological	<ul style="list-style-type: none"> <li>-Be able to win on every scenario</li> <li>-Believe – every day</li> <li>-Handle demands</li> <li>-Enjoy</li> </ul>	<ul style="list-style-type: none"> <li>Coaching talks</li> <li>-Listen to self talk – talk back</li> <li>-Let something just pass by</li> </ul>	<ul style="list-style-type: none"> <li>Reflection – own and together</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>-Be well organized and prepared.</li> </ul>	<ul style="list-style-type: none"> <li>Reflection</li> </ul>	<ul style="list-style-type: none"> <li>Own control</li> <li>Observation</li> </ul>
Material	<ul style="list-style-type: none"> <li>-Always in perfect shape</li> </ul>	<ul style="list-style-type: none"> <li>Not accept</li> </ul>	<ul style="list-style-type: none"> <li>Own control</li> </ul>
Life style	<ul style="list-style-type: none"> <li>-Do it right</li> <li>-Sleep enough</li> </ul>	<ul style="list-style-type: none"> <li>-Take control</li> <li>-Treatments before dinner</li> <li>-Screen dead line</li> </ul>	<ul style="list-style-type: none"> <li>Self reflection</li> <li>Coach reflection</li> </ul>