



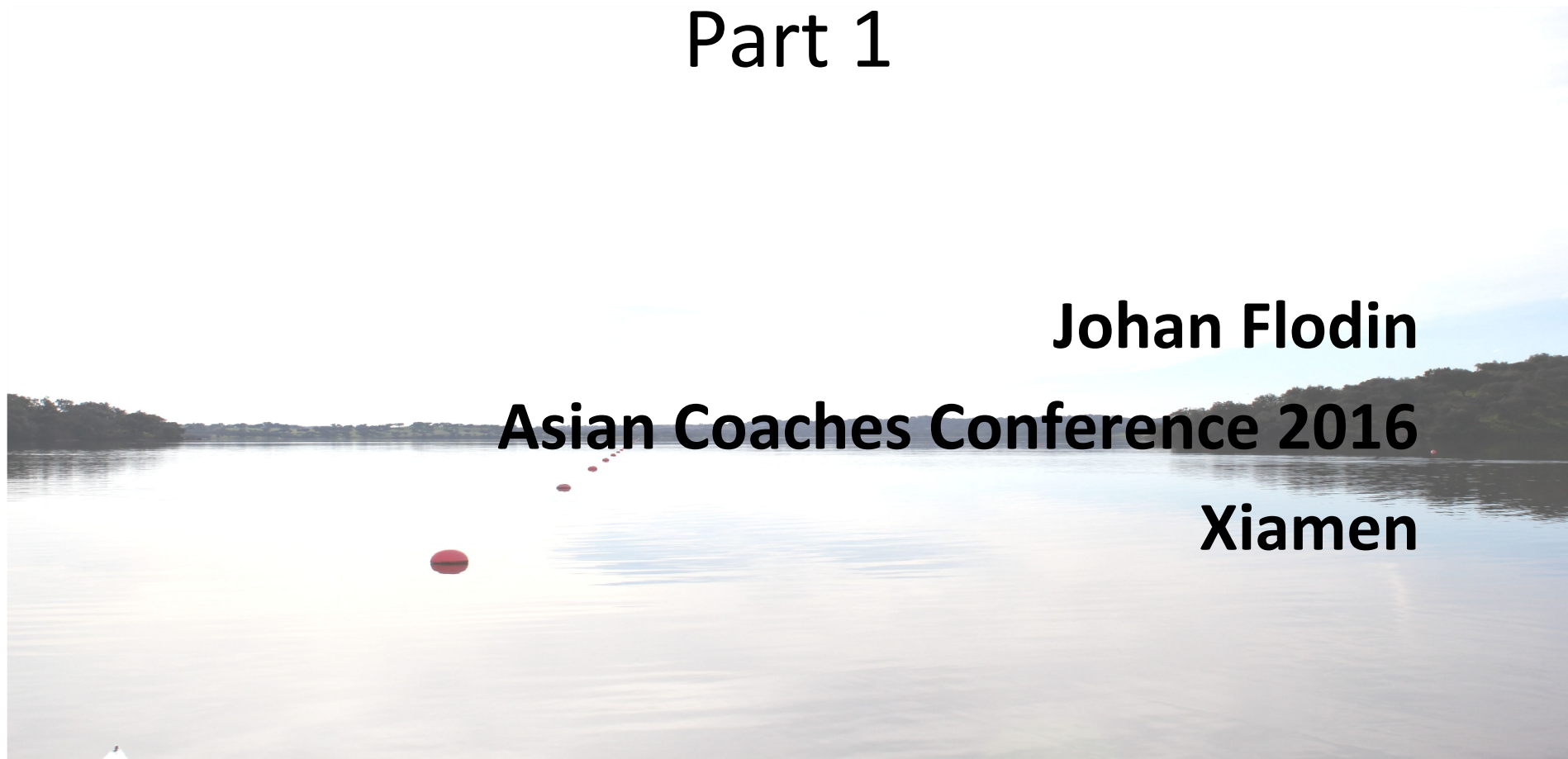
Norwegian Rowing

Part 1

Johan Flodin

Asian Coaches Conference 2016

Xiamen





Norwegian Rowing performed 15 medals on Europeans-, World Championships and Olympic Games between 2013 and 2016...

..on 6 athletes!





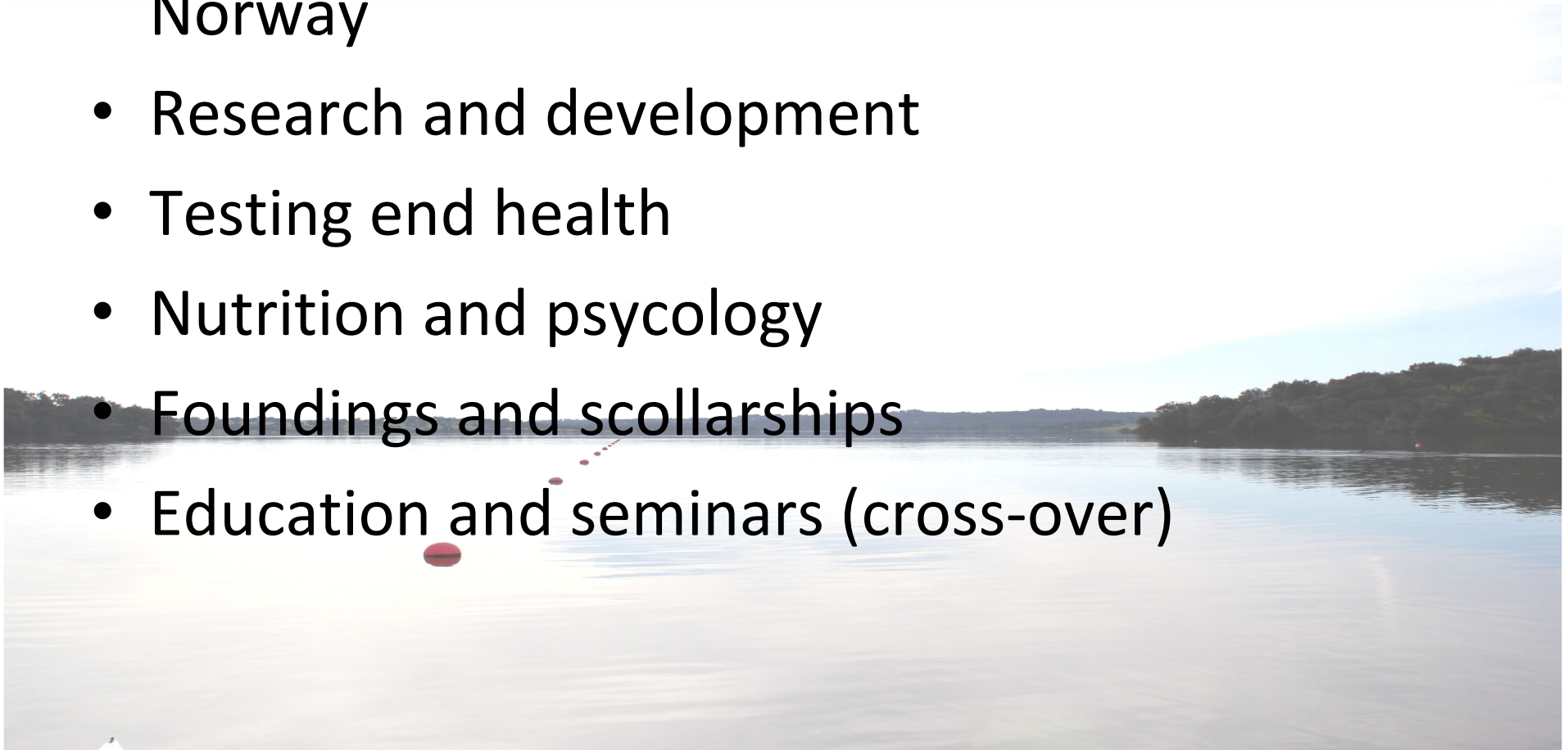
NR's Organisation

- Situated in Oslo and Årungen
- 4 regions – 2 coaches in total
- 6 athletes in the elite group (6 in sub elite group)
- For the moment 2 employed coaches on elite level
- Very limited budget
- Very good collaboration with Olympiatoppen
- Norway's most successful summer sport



Olympiatoppen

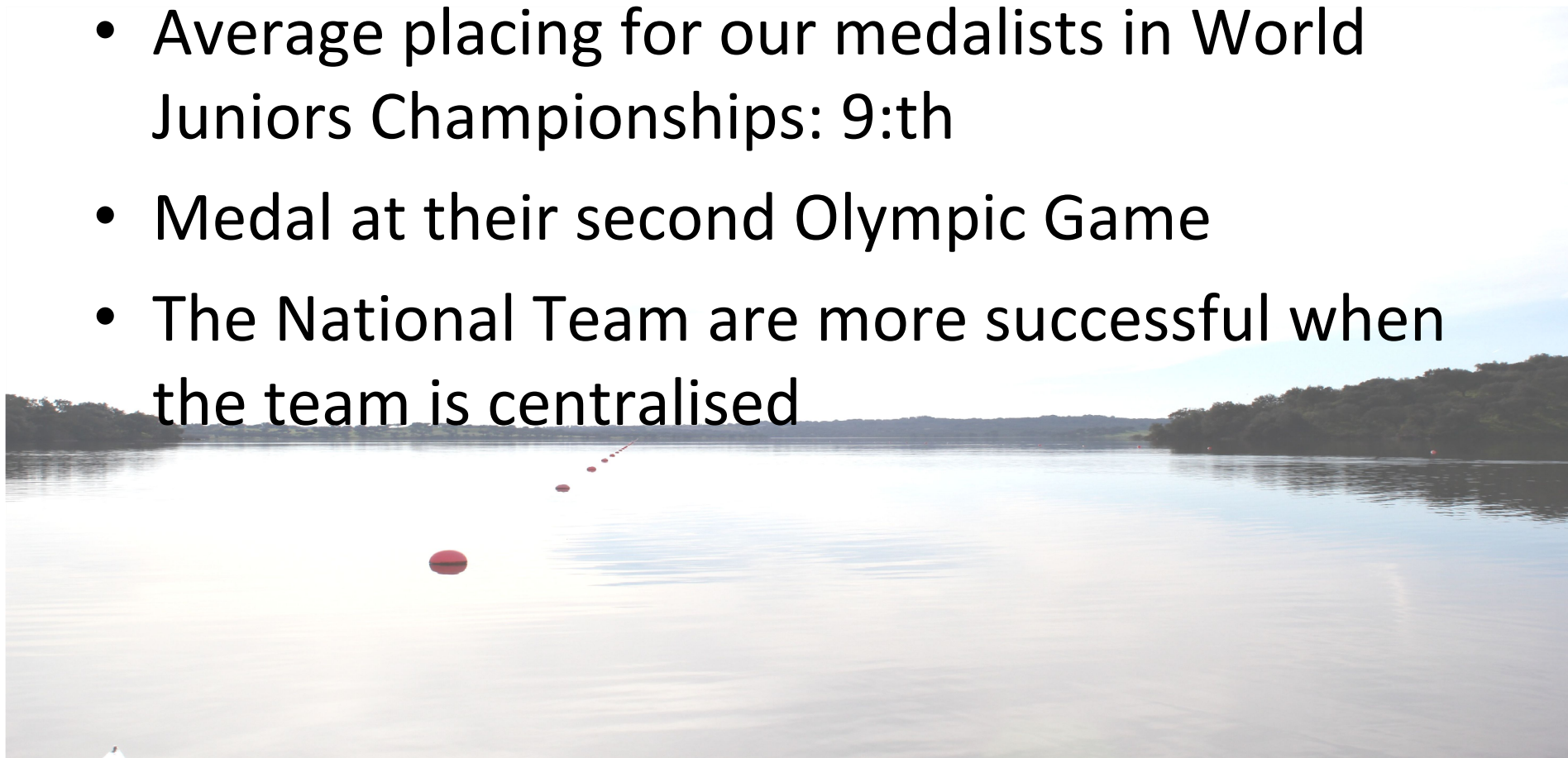
- The support organisation for top sports in Norway
- Research and development
- Testing and health
- Nutrition and psychology
- Foundations and scholarships
- Education and seminars (cross-over)





Basic NR knowledge

- First senior medal at age 25,3 years in average
- Average placing for our medalists in World Juniors Championships: 9:th
- Medal at their second Olympic Game
- The National Team are more successful when the team is centralised





Exampel on long term development

Year	VO2max	AAT	Squat	Bench pull	
1997	3,60	210 w	70 kg	50 kg	Started work
2000	4,00	225 w	-	60kg	Not selected
2003	4,25	240 w	-	75 kg	14:th
2006	4,40	260 w	80	75 kg	Bronze
2008	4,35	260 w	90	75 kg	7:th
2010	4,45	270 w	115	85 kg	Gold

- Training volume increased from 450 hours to 700 between 1997 and 2003.
- Volume increased again to 850 hours in 2008, 2009 and 2010.
- Strength project in autumn 2008.



The leadership theories I believe in for long term development

- McGregors x- och y theory

 - Humanity and trust

- The Tennis study

 - Seen, heard and confirmed

- The Hawthorne study

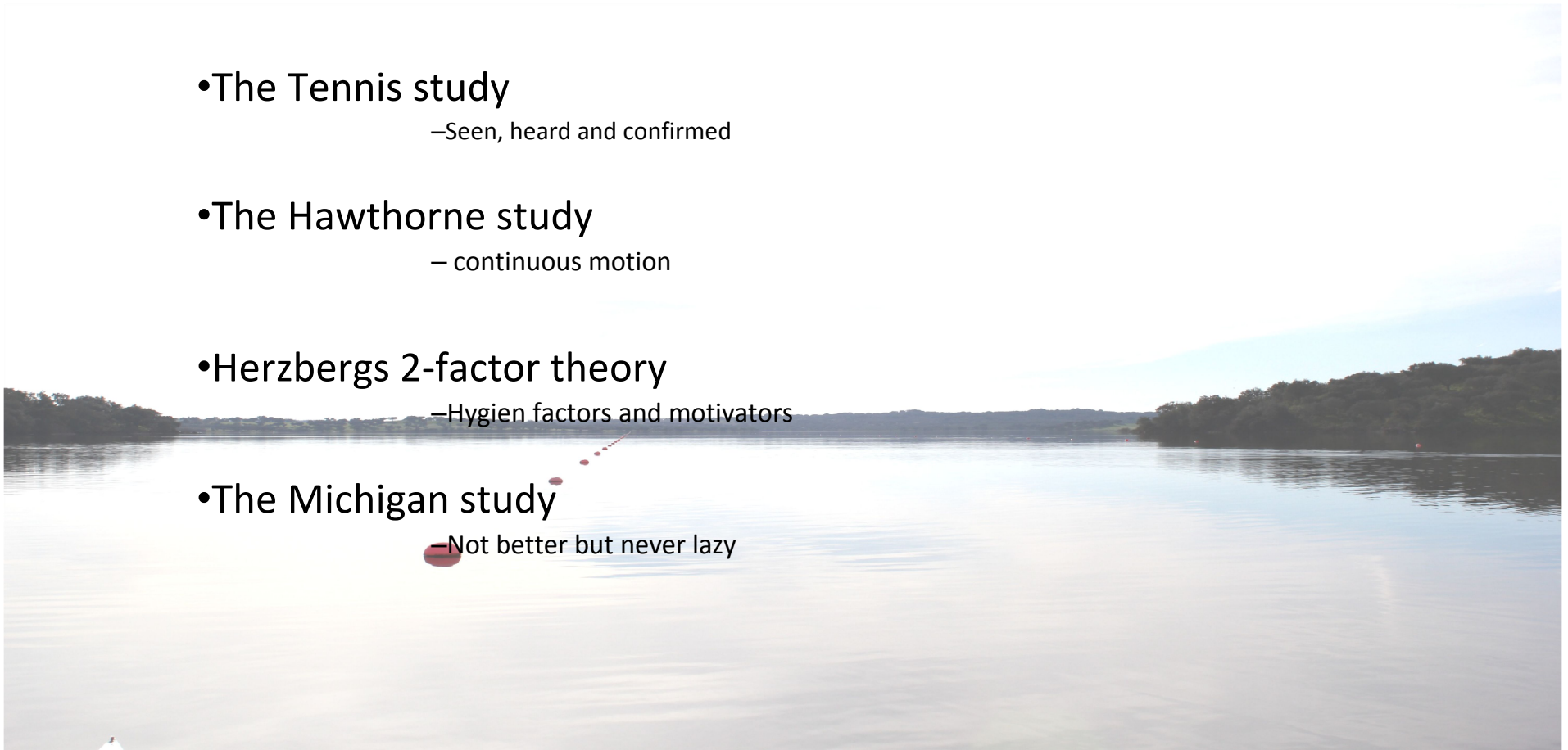
 - continuous motion

- Herzbergs 2-factor theory

 - Hygien factors and motivators

- The Michigan study

 - Not better but never lazy





The annual plan

-It is only when you have a perfect script that you are allowed to

improvise (Ingmar Bergman)

Träningsplanering 2014

Vecka	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Fas	[Color-coded bar]																																																			
Totalt omfång (tim)	10	8	8	8	8	21	21	21	21	21	10	20	24	18	10	18	18	24	30	18	24	18	24	28	10	16	24	24	28	10	16	20	14	24	16	12	10	20	12	20	16	12	6	20	24	20	16	10	12	900 (inkl lopp 930)		
Antal pass (exkl lopp)	6	6	6	6	6	11	11	11	11	11	6	12	14	10	6	10	10	17	17	11	13	11	14	15	6	10	14	14	10	15	12	10	6	15	10	15	12	10	4	13	15	13	12	12	10	10	568 (inkl lopp 598)					
Pass i rodd eller C2	5	5	5	5	5	6	6	6	6	6	3	9	10	6	3	5	5	3	3	4	4	4	11	12	3	6	5	11	12	5	7	11	12	10	12	11	10	4	12	10	12	11	10	2	12	14	12	11	11	10	10	399 (inkl lopp 429)
Tid i båt allt C2	6	6	6	6	6	9	9	9	9	9	4	13	15	9	4	8	8	3	3	5	5	5	18	22	4	6	8	18	22	6	10	16	17	14	18	14	12	7	16	12	16	14	12	3	15	20	15	14	14	10	12	551 (inkl lopp 581)
Km	80	60	60	60	60	110	110	110	110	110	45	150	180	110	45	100	100	36	60	60	60	210	240	45	80	100	200	220	80	120	190	205	170	210	170	140	100	190	140	190	170	140	35	180	220	180	170	170	120	140	6487 (inkl lopp 6787 km)	
8000 m lopp inkl uppov	[Color-coded bar]																																																			
11 (pass med inriktn)	6	4	4	4	4	1	6	6	6	6	3	8	9	6	3	5	5	9	8	6	6	8	8	3	4	4	6	6	6	4	5	4	4	5	3	4	4	6	3	4	4	3	4	4	4	4	4	3	5	4	164	
12 (pass med inriktn)	0	0	0	0	0	1	1	1	1	1	0	1	1	1	0	0	2	3	1	1	1	2	2	0	2	2	2	2	0	2	1	2	2	1	2	2	0	2	2	4	2	2	0	4	4	2	3	2	4	2	65	
13 (pass med inriktn)	1	1	1	1	1	1	1	1	1	1	1	2	3	1	1	2	2	3	3	3	3	3	3	1	2	2	3	3	1	2	3	2	2	2	2	2	1	2	2	2	2	0	1	2	2	2	2	1	2	2	71	
14 (pass med inriktn)	1	1	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1	0	0	0	0	1	1	2	0	0	1	1	2	0	0	1	1	1	0	1	1	1	0	1	1	0	0	2	2	1	1	1	0	22	
15 (pass med inriktn)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	0	0	0	0	1	1	1	2	2	0	1	1	0	1	1	0	1	1	0	1	1	1	0	1	1	1	1	1	1	0	25		
16 (pass med inriktn)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21		
Individuering (pass)	0	0	0	0	0	3	3	3	3	3	3	0	0	0	0	0	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	24	24	
Snabb antal tillfällen	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33			
Core antal tillfällen	2	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	60		
Anmärkning	*1					*2						*10	*4	*4		*10		*6	*7	*7	*8						*10	*11																								

- *1 NM Årungen
- *2 Tester
- *3 Återhämtning/lätt vecka
- *4 Lager 1 Avis
- *5 Återhämtning/lätt vecka
- *6 Tester
- *7 Lager Seiser Alm (Höghöjd)
- *8 NM i C2
- *9 Lager 2 i Avis
- *10 Återhämtning/lätt vecka
- *11 Tester
- *12 Lager 3 i Avis
- *13 Piediluco
- *14 Återhämtning/lätt vecka
- *15 Årungen
- *16 EM Beograd
- *17 Återhämtning/lätt vecka
- *18 WC Aigubelette
- *19 WC Lucerne
- *20 Vila/lätt träning
- *21 Lager (Livigno)
- *22 VM Amsterdam

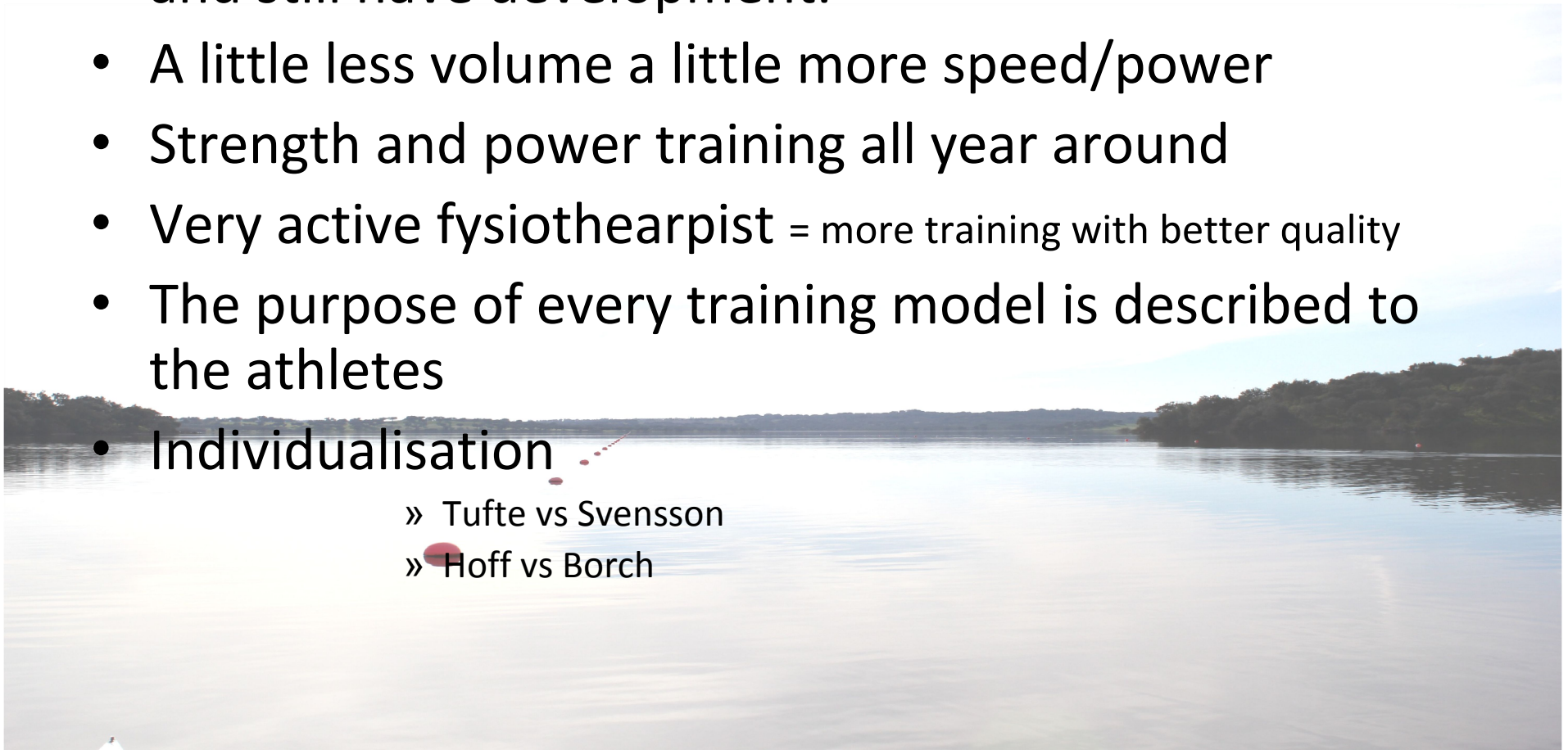
- Tors/fre/lör v 44
- Avreise 29 nov/ hjemreise 10 dec
- Detaljplan kommer senare
- Elitegruppen 9-29/1, Rekrutt 11-22/1, JF 9-23/1, Daniel x-23/1
- 1/2 i Sarpsborg
- Avreise 17 feb/ hjemreise 2 mars
- Detaljplan kommer senare
- Avreise 23 mars 2 april
- Tevling 11-13 april, samling i forkant. Avreise 8 april/ hjemreise 13 april
- 10-11 maj
- Avreise 28 mai/ hjemreise 1 juni
- Avreise 18 juni/ hjemreise 22 juni
- Avreise 9 juli/ hjemreise diskuterar
- Preliminärt v på HH
- Preliminärt planeras senare
- Förmodat avreise 20 augusti/ förmodat hjemreise 2 september

- Arbete med grundkapaciteterna mot KA - Individbaserat
- Arbete med grundkapaciteterna mot KA. Till viss del grenspecifikt
- Grenspecifikt uthållighet. Volym
- Grenspecifikt högentensiv
- Tävlning (v 5 i kombination med återhämtning)
- Återhämtning



Training

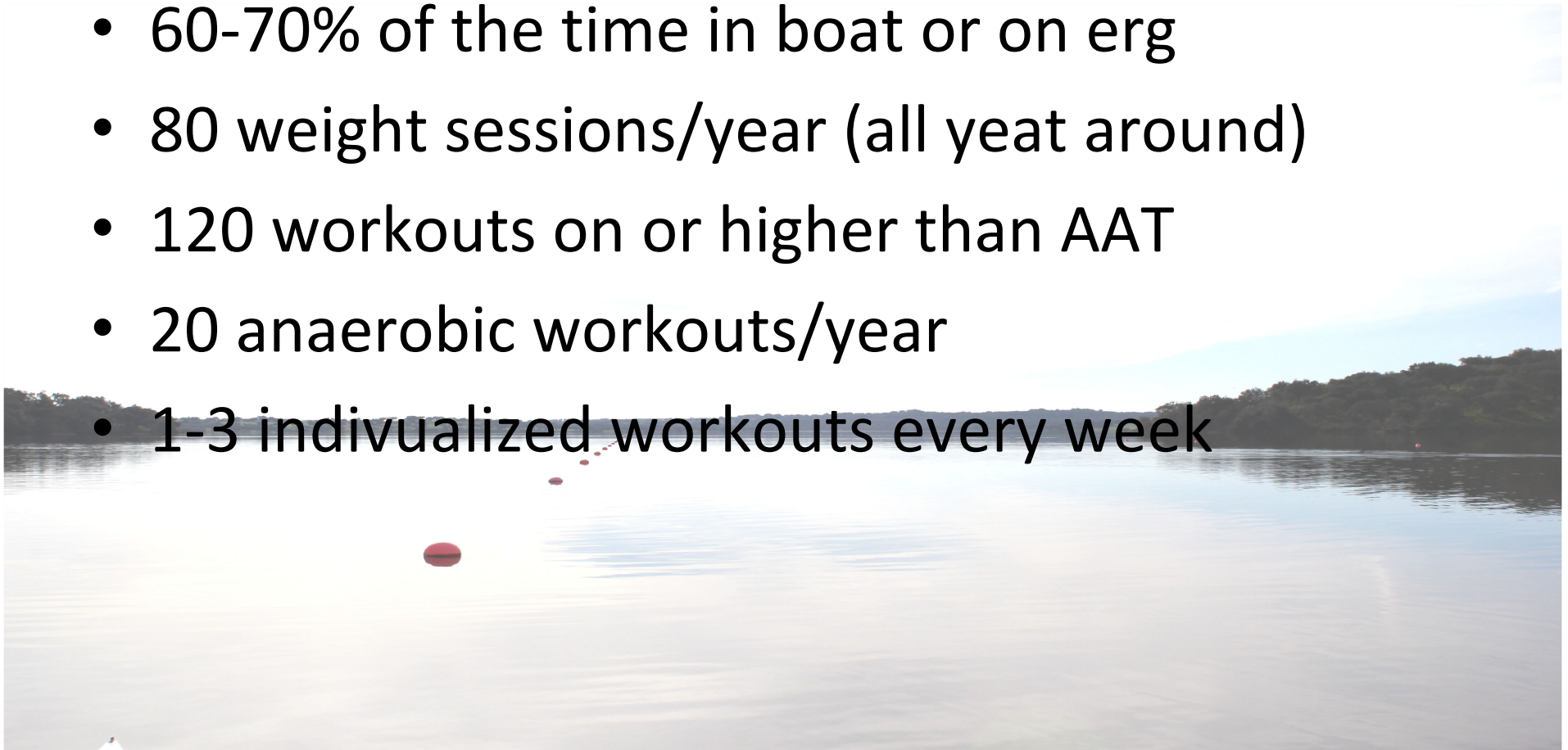
- How much can you train vs how little can you train and still have development.
- A little less volume a little more speed/power
- Strength and power training all year around
- Very active physiotherapist = more training with better quality
- The purpose of every training model is described to the athletes
- Individualisation
 - » Tufte vs Svensson
 - » Hoff vs Borch





Training

- Between 700-1100 h/year (+30 2000 races)
- 60-70% of the time in boat or on erg
- 80 weight sessions/year (all yeat around)
- 120 workouts on or higher than AAT
- 20 anaerobic workouts/year
- 1-3 indivualized workouts every week





Technique

-feeling is everything, but it is lying-

- Keep it simple
- Movement pattern – role model Italian rowing during the 80:s
- Body weight
- The smartest rowing – movement economy
- Kleshnev - measurement





The final touch....



5 sec more than
the opponents!

-It's only when you have a perfect
script you are allowed to improvise.



The environment for achievements – the team





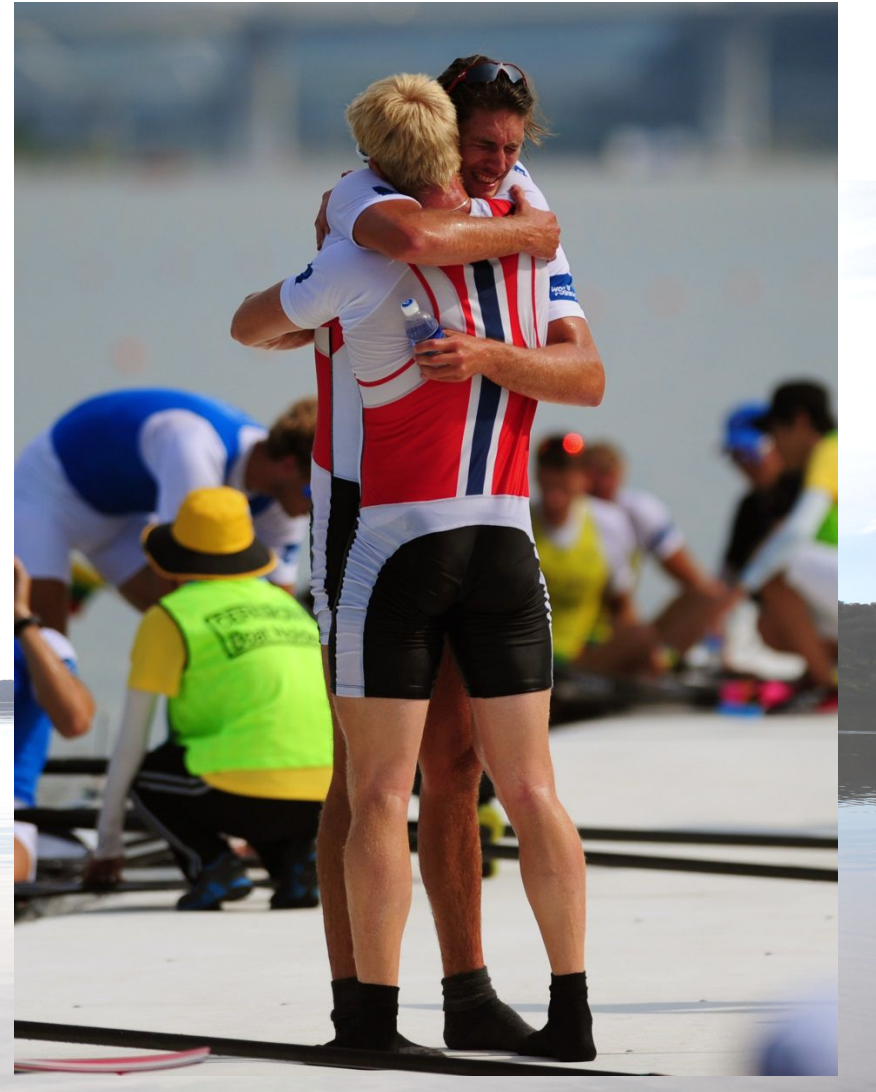
Success factors

- **Long term work** – The one who thinks in long terms often make the right choises already today.
- **Outside the box** - with smartness.
- **Work with values** – through behaviors.
- **Only give attention to things you can change** – we never focus on unchangeable things.
- **Discussion or decision** – if I already have made up my mind, I don't initiate a discussion.



Environment for Peak Performance the Team

- The sum of behaviors
- A decision - consensus
- Active work & Leadership
- A priority
- The process.....





Goals for behavior - 2013

- Who we choose to be-

(Processede on camp niAvis i february 2013)

**The best
environment for
development**

*..only using energy on
thing we can change!*

*...are at the right time, at the
right place with right equipment!*

*..find soulutions
insead of problems!*

..stay fokused!

*..solving conflicts on the
lowest possible level!*

*...gives training
first priority!*

**We in Norway's
National Team..**

We ofcourse also lives by:
-NOC ethical rules.
-NIF s and Wadas anti doping
rules.



Thanks....

...for your attention!

