



Norwegian Rowing

Part 2

Preparation for Rio

Johan Flodin

Asian Coaches Conference 2016

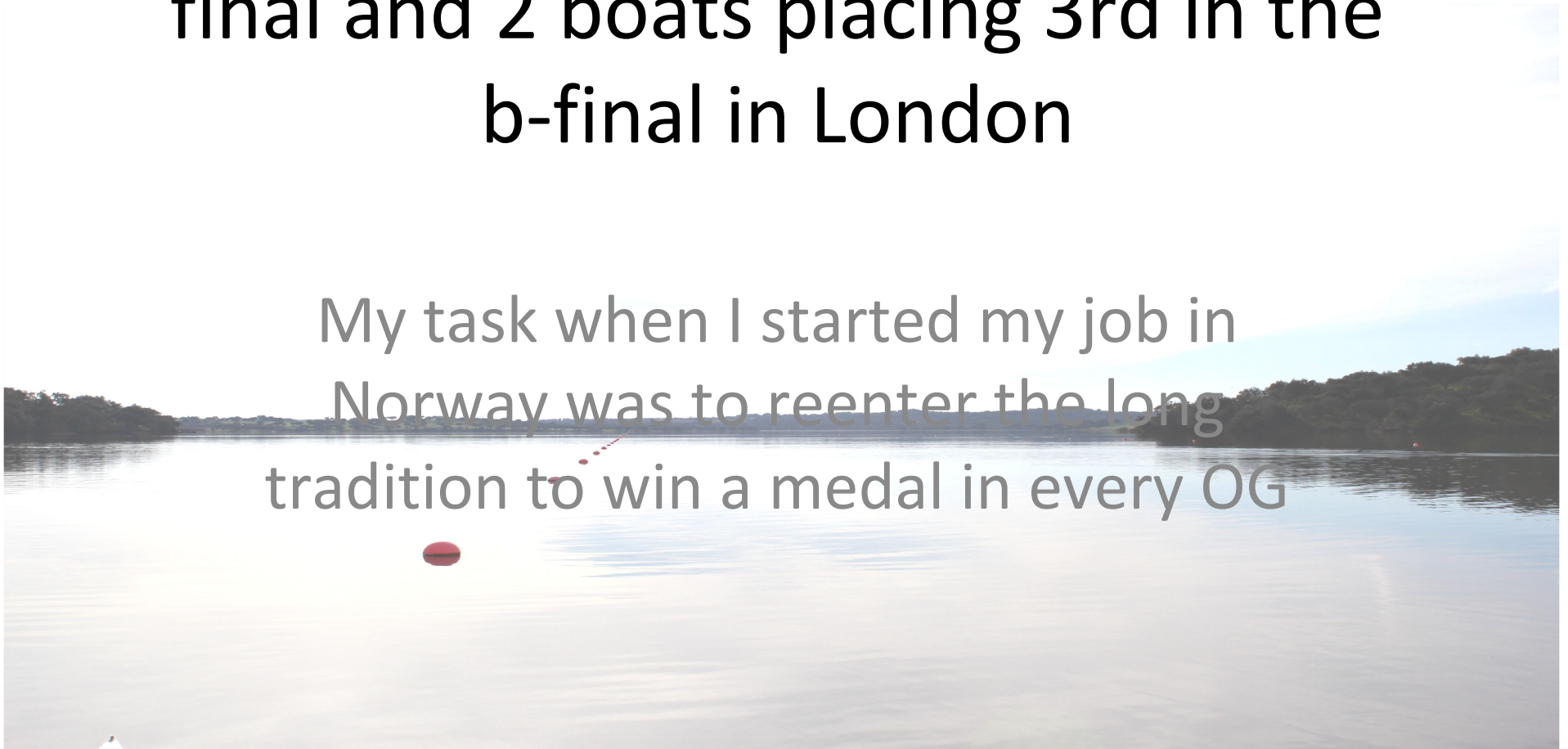
Xiamen





Norway had one first place in the B final and 2 boats placing 3rd in the b-final in London

My task when I started my job in Norway was to reenter the long tradition to win a medal in every OG

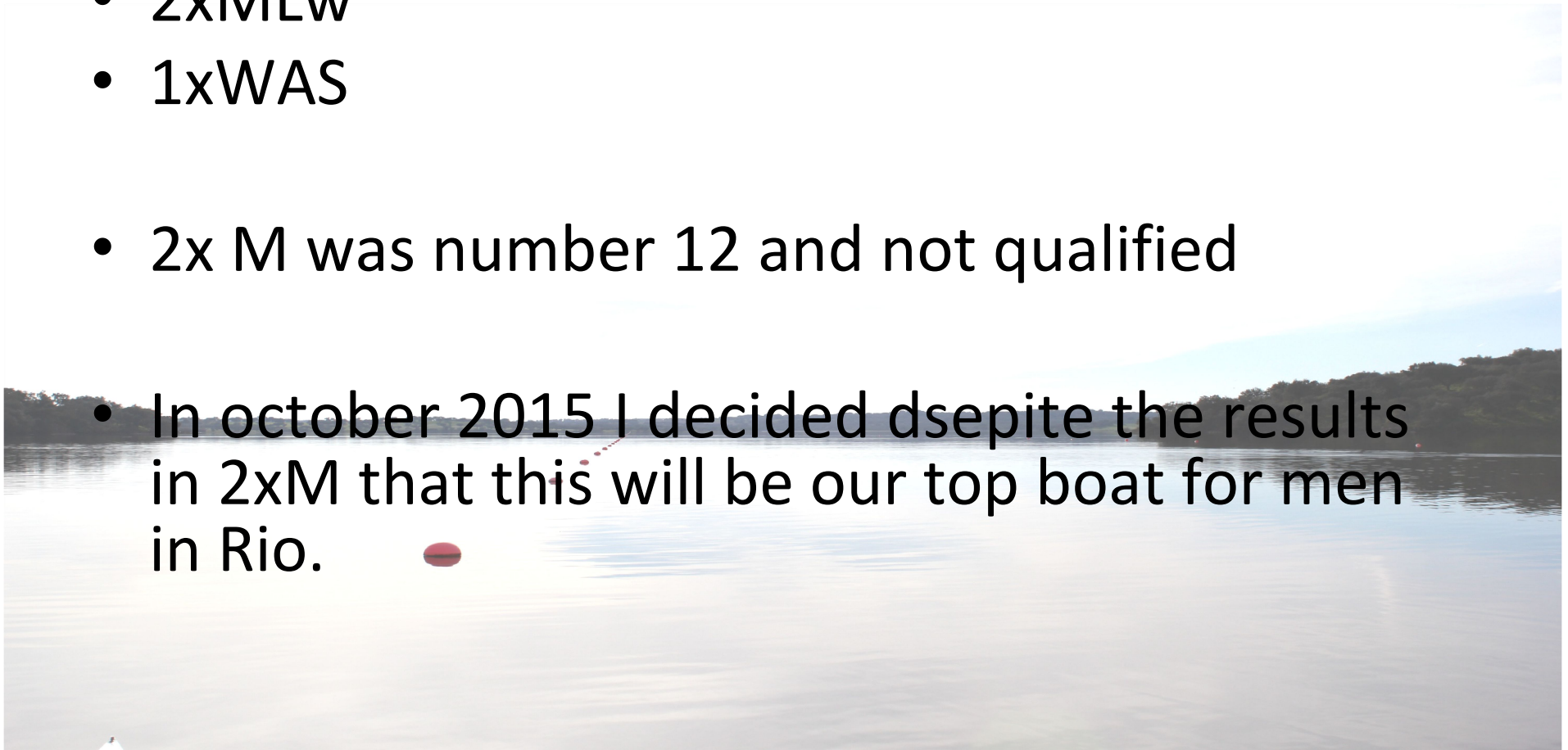


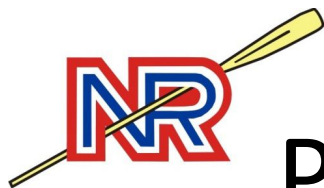
Qualified in Auigibulette 2015

- 1xM
- 2xMLw
- 1xWAS

- 2x M was number 12 and not qualified

- In october 2015 I decided despite the results in 2xM that this will be our top boat for men in Rio.





Preselcteted for Rio in nov 2015

- 1xASW – Birgit Skarstein
- 2xMLw – Are Strandli and Kristoffer Brun
- 1xM – To be descide after FQR

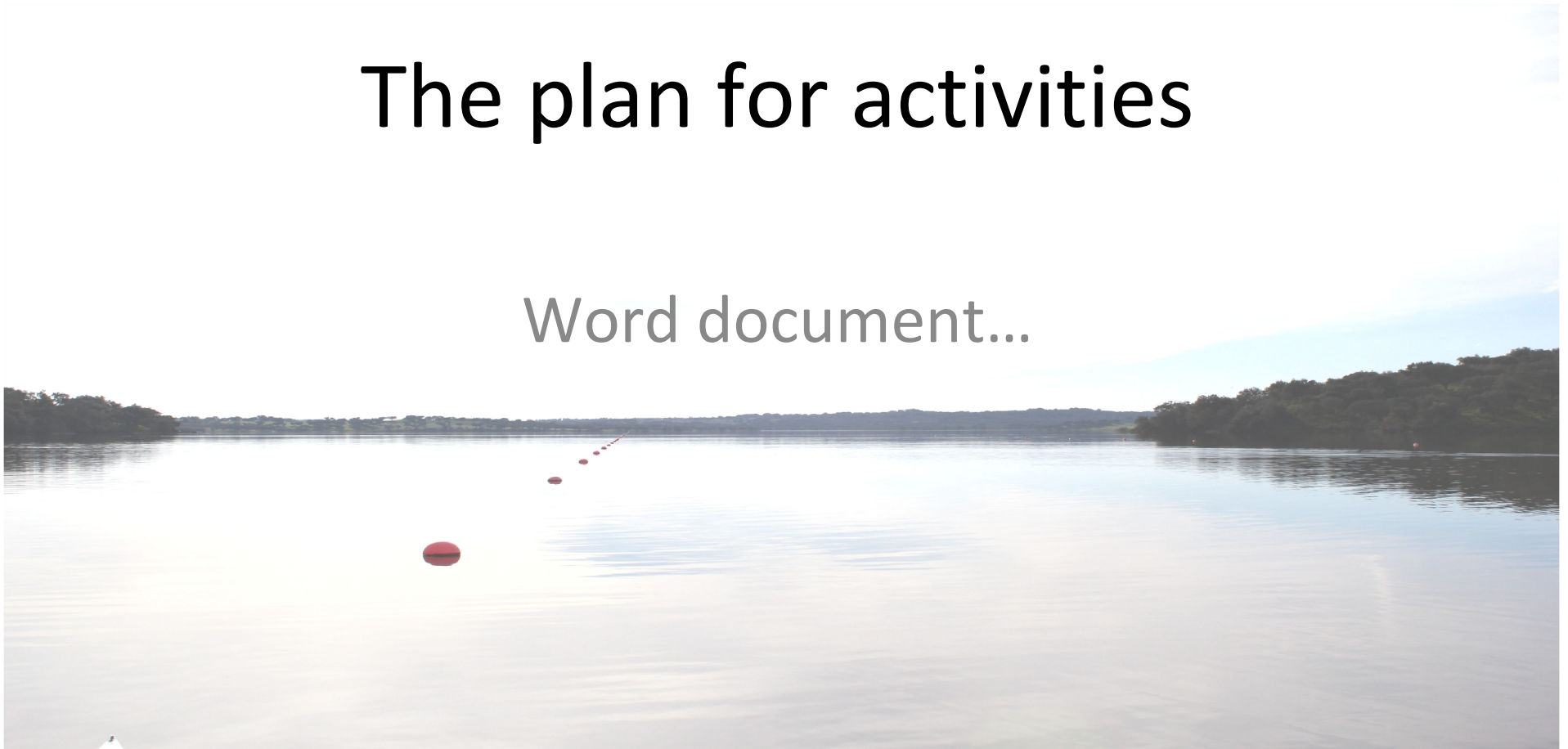
To qualify at FQR (selections in end feb 2016)

- 2xM – 6 Athletes
- 4XM – 6 Athletes



The plan for activities

Word document...





Plan for training

Excel dokument...





Endurance training

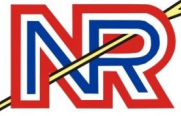
- One of Olympiatoppens major fields (Started with former rowing coach Rolf Setersdal)
- Training divided into 5 aerobic and 3 anaerobic zones (1-8)
- A great belief in big volumes of low intensity training





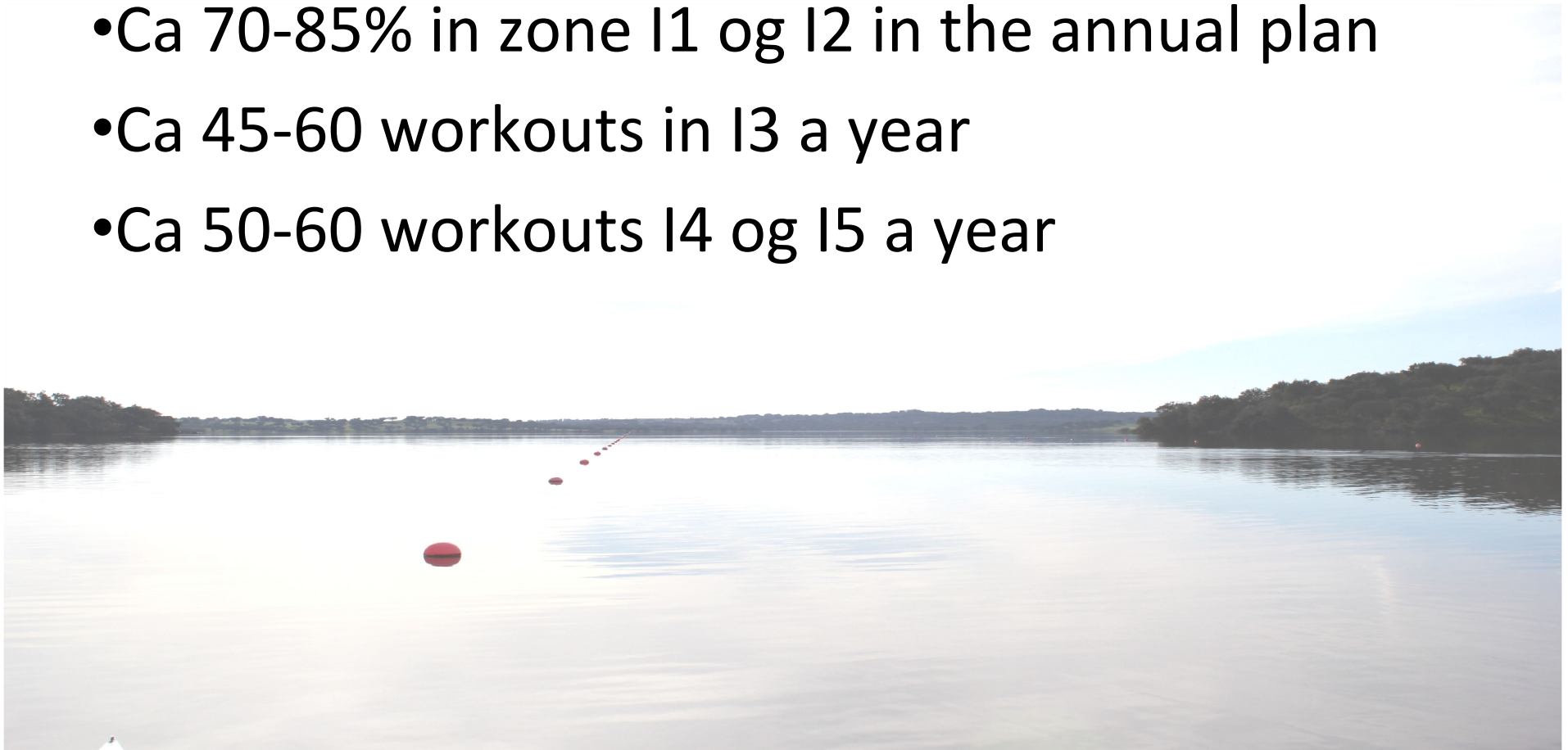
Olympiatoppens descriptions on intensity

Zon	% of Hrmax	% of VO2max	Lactate	Work time
8			Anaerobic alactic	
7			Anesrobid alactic	
6			Anaerobic lactic	
5	94-100	94-100	+6,0	15-30 min
4	87-93	87-93	4,0 - 6,0	30-50 min
3	80-86	82-86	2,5 - 4,0	50-90 min
2	66-79	56-81	1,5 - 2,5	1-3 hours
1	45-65	55-72	0.8 - 1,5	1-6 hour



World class endurant training – training that enhance results

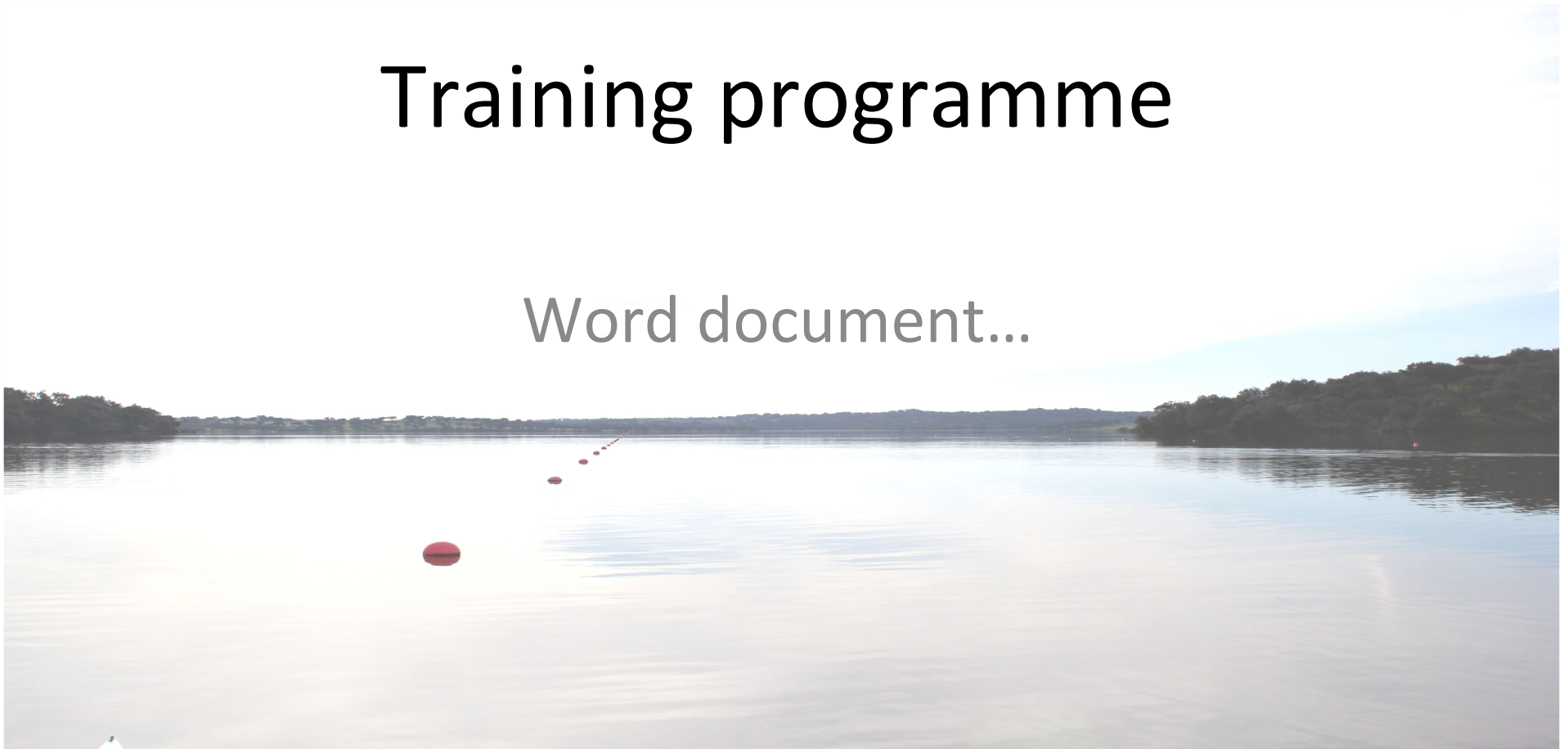
- 750-1300 hours per year (does not increase)
- Ca 70-85% in zone I1 og I2 in the annual plan
- Ca 45-60 workouts in I3 a year
- Ca 50-60 workouts I4 og I5 a year





Training programme

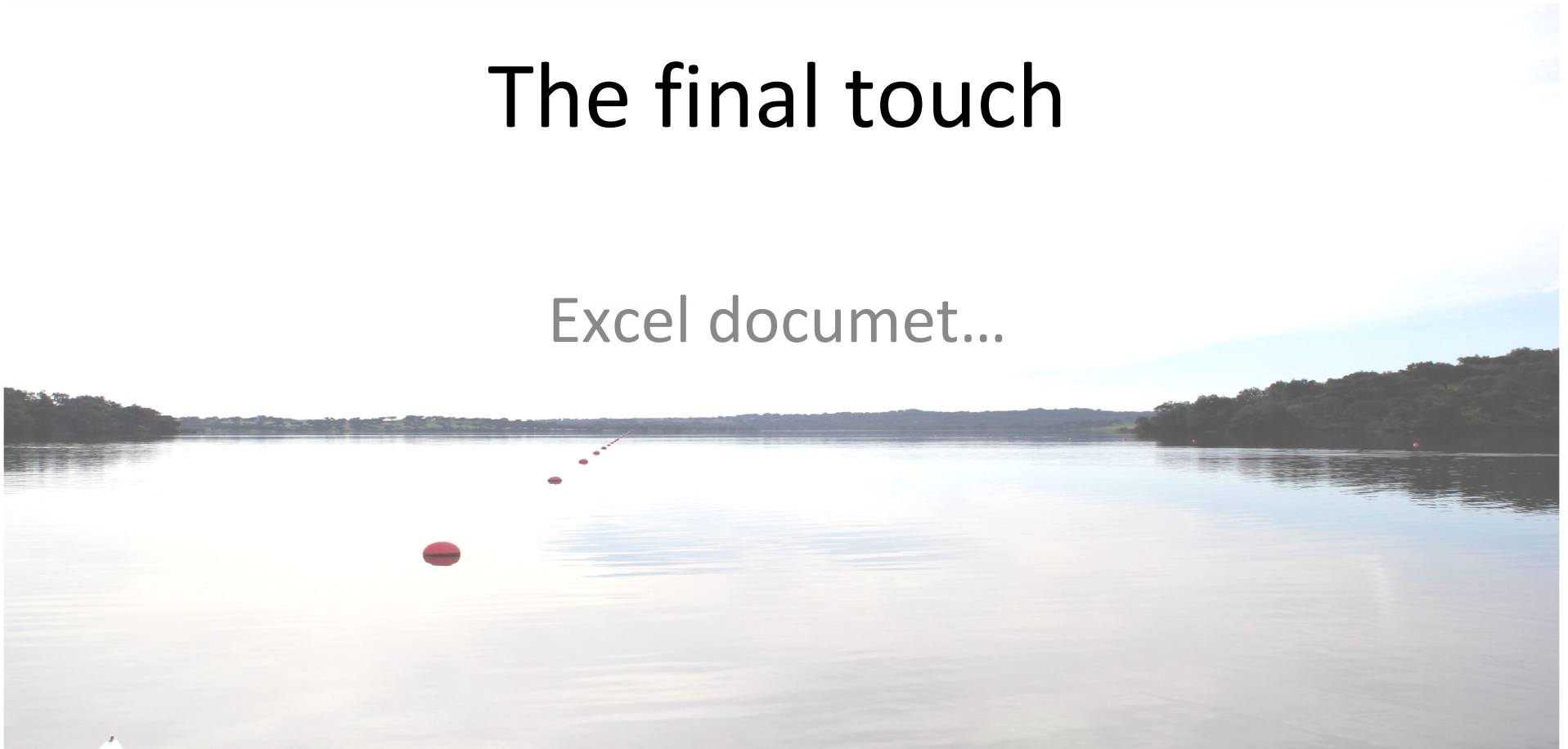
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The final touch

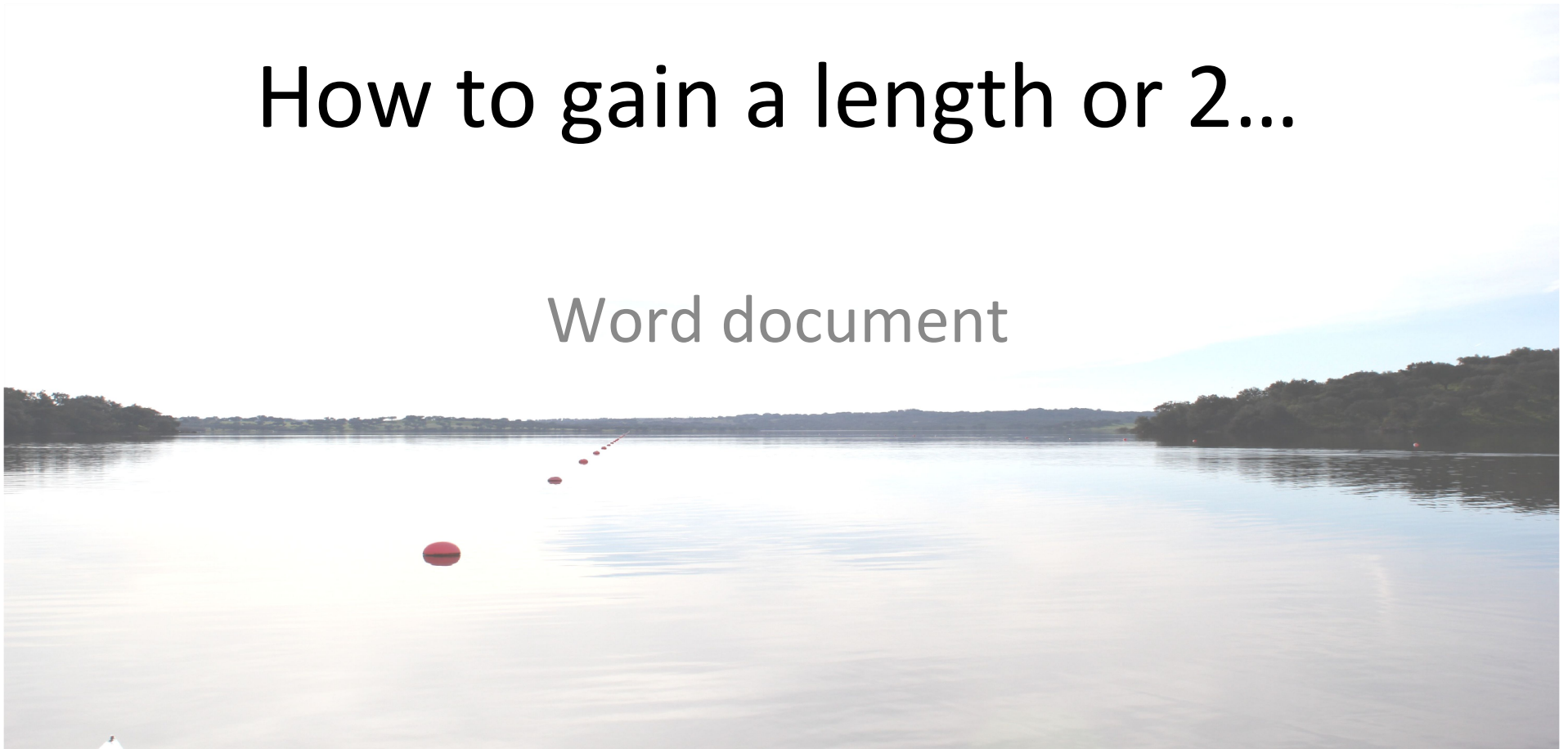
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How to gain a length or 2...

Word document





The result!





Thanks....

...and now a break!

