

1. This is an outline program only and may be subject to change depending on logistics on the ground, local weather, progress of the participants, etc. All participants will be kept updated via daily briefings.
2. The ARF Camp is aimed primarily at juniors who will be racing at the Asian Junior Championships.
3. **There will be a very wide range of ages, language ability and experience.** Some junior athletes will be well-trained, whilst others may be complete novices. The groups and daily program will need to reflect this and can only be arranged after initial assessment by the lead coaches.
4. The participants on the Women in Coaching course will assist in the day-to-day running of the camps as part of their practical training. Theory sessions for the coaches will also be arranged in the evenings and after lunch – these will broadly follow the FISA Coach Education syllabus.

Tue. Dec 10

Arrival of coaching team. Venue visit. Planning meeting with OC to finalize camp/course arrangements – check venue, logistics, boats, safety arrangements, lecture facilities, other equipment etc.

Arrival and check-in for **Women in Coaching** and **Junior Camp** Participants

Wed. Dec 11 - Day 1

PM1: Welcome & Briefing for All Participants

Video show - W1x final Rio. Briefing – safety (including heat/climate risks), equipment allocation, general camp rules, training circulation patterns, outline timetable, goals of camp. Have participants introduce themselves and state what they want from the camp.

PM2: Women in Coaching - Rigging Theory

Rigging - go over basics, link between proper rigging and good technique. Present basic rigging numbers as starting point – hand out rigging record sheets for use tomorrow. Split coaches into teams to help camp juniors rig boats

Thu. Dec 12 - Day 2

Breakfast and travel to course. (travel time ~ 30') *Morning Briefing*
– repeat safety and equipment rules!

AM1: **Junior Camp** – dynamic warm-up/30' CII/ 30' jog/post stretching.
Women in Coaching – rigging camp boats with guidance on practical aspects/rigging tips/solutions. Record rig for each camp boat on prepared sheets.

Junior Camp - return to hotel for lunch
Women in Coaching – stay at course to complete rigging (packed lunch?)

Junior Camp – return to course for afternoon session

PM2: **Junior Camp** - 12km easy set up row - mix of drills and steady - continue adjustment and set-up of boats.

Women in Coaching – assist with rigging, in-boat set-up, safety and traffic reminders, etc.

All participants return to hotel for dinner

PM3: **Women in Coaching** - **Presentation by Head Coaches**

Fri. Dec 13 - Day 3

Breakfast and travel to course.

Morning Briefing – what we are trying to achieve in the camp, quality training, key technique points, link between training and the 2000m race.

AM1: **Junior Camp** / **Women in Coaching** - 12-14km LSD rate 18-22 mix of 4km drills, 4km steady rowing and 4km sprints- take some **video** of each crew- “as their start up” what they looked like at the beginning of camp.

All participants return to hotel for lunch. **Women in Coaching** – quick review of videos if time permits.

PM1: **Women in Coaching** – **Break-out groups with Head Coaches**

All participants - return to course for afternoon session

Afternoon Briefing – starts - video of international starts - go through technique how to do starts - (coaches and Olympic scullers discuss their starts)

PM2: **Junior Camp** / **Women in Coaching** - 12km with 4km drills, 4km steady state and 4km short slide starts- building up to start and 20 by end of row.

PM3: **Women in Coaching** - **Basic Rowing Physiology Theory**

Sat. Dec 14 - Day 4

Breakfast and travel to course

Morning Briefing - informational talk about race day routines- pre-race warm up- to pre-row or not, routine of race day. Discuss what pre-race warm up consists of have athletes give examples.

AM1: Junior Camp - AM-12-14km- pre-race warm up-approximately 4km/ 2x2km mix of steady and 250m's 2 of them focused on starts, 2 on work phase body of race, 2 on sprint to the line/ 4km steady rhythm rowing.

Women in Coaching - split into groups with some helping training and some reviewing videos in preparation for feedback sessions.

All participants return to hotel for lunch. **Women in Coaching** – continue review of videos if time permits.

PM1: Women in Coaching – Break-out groups with Head Coaches

PM2: Junior Camp / Women in Coaching - VIDEO FEEDBACK FOR ALL (sign-up list for time slots)

Optional cross-training or afternoon rest/recovery activities

PM3: Women in Coaching – Basic Rowing Technique Theory

Sun. Dec 15 - Day 5

Breakfast and travel to course

AM1: Junior Camp / Women in Coaching - 12-14km Steady Rowing, drills and Sprints

Lunch ALL

PM1: Junior Camp / Women in Coaching -12-14km- 4km w/up / 2km with rate changes 28/24/26/28/ + video 2km steady/2km with rate changes 28/24/26/28/ 4km steady and drills.

PM2: Women in Coaching – Rowing Technique & Basic Stroke Mechanics

Mon. Dec 16 - Day 6

Breakfast and travel to course

AM1: Junior Camp / Women in Coaching - Briefing about the mental side of training and racing - practice the day before racing today.... What do sessions

consist of the day before racing? Do you do one or two sessions? Do you do some sprint work? Or do you do a longer rhythm piece at lower rates?
8-12kmSS rate 18-22 mix of drills, steady rowing and sprints-

Lunch ALL

PM1: **Junior Camp / Women in Coaching** practice of row the night before a race- what does it consist of? 8-12km? Possible land components of warm-ups

PM2: **Women in Coaching** – Training Methodology & Planning

Tue. Dec 17 - Day 7

Breakfast and travel to course

Simulation of race day- do everything as you will do on the first day of Jr Asian Championships...what/when you will eat- will you pre-row-everything planned out...

AM1: **Junior Camp / Women in Coaching** AM- pre- row- if athletes will do one- how long? 4km/8km? What will you do during this row? Discuss with coaches 8-12km- pre-race warm up and either a 2km break down- 500m/1000m/500m work out OR flat out 2km- **GROUP SESSION**

Lunch ALL

PM1: **Junior Camp / Women in Coaching** -12km steady and drills feedback from AM workout.

PM2: **Women in Coaching** – General Conditioning/Injury Prevention/Nutrition

Departure of coaches and athletes not staying for Asian Junior Championships

Wed. Dec 18 – Day 1 **start to pay**

Asian Rowing Junior Championships, Asian Rowing Masters Regatta and Asian Rowing Cup.

