

UNION BOAT CLUB WEEKLY COACHING SCHEDULE

Week of April 7, 2008

	Monday	Wednesday	Friday	Saturday
Block I 530-630	Group 3/4 (quads)	Group 5 (quads or doubles)	Group 6 (doubles)	Video Review -530-550. Dock Talk 550-600.
Block II 630-715	Group 5 (Doubles)	Group 6 (singles or Doubles)	Group 7 (singles)	
Block III 715-800	Group 7 (Singles)	Group 7 (Singles)	Group 8 (doubles)	Video Review - 730-8AM
Block IV 8-830		Any singles		

Block I - Includes 15' dock talk before launching. Have oars down when you arrive. Launch boats after talk.

Block II - Meet at BU Boathouse

Block III - Meet at UBC Lagoon

Block IV- Meet at UBC Lagoon

*Note - On some days this schedule may get cancelled based on if the the basin is not rowable.

*Saturday - Group Row

Video Review from the week 530-550.

Dock Talk from 550-600.

Group workout - 6-730.

Video Review from 730-800.

On some days short technical sessions in singles or learn to row program.

Focus For the Week:

Body preparation . Learn to move smoothly and to get body in correct positions on the recovery. Emphasis on setting the body position by 1/2 slide and holding that position into the catch.

Drill For the Week:

Pause drills - Hands away, 1/8 slide (slight break in the knees) and 1/2 slide.