



How Much & How Often Guidelines for Junior Training Programmes

Age Group	Number of Coached Sessions per week	Content and break down of the Sessions	Comments
J11	No more than 1	Skills and technique	Short sessions based on time on the water, rather than distance covered.
J12	No more than 2	Skills and technique	
J13	No more than 3	2 water 1 land Skills and technique	Remember they have other activities that they participate in, such as music, scouts and other sports etc.
J14	No more than 4	2/3 water 2/1 land Skills and technique	
J15	Between 4 and 6	4 water 2/1 land training. This may include weight lifting technique only. Please ensure that as a coach you are qualified to teach weight lifting. The athletes are starting to learn how to train properly.	Again keep the sessions short, they get tired and can not concentrate for long periods of time.
J16	Initially 6 Ultimately 8	4/5 water 2 strength training 2/1 cross training. Still learning how to train properly.	This is a big year academically as the athlete meets public exams for the first time.
J17/J18	Initially 7-8 Ultimately if involved in a GB team they must be capable of training 10-14 sessions.	7/8 water 2/3 strength training 2/3 cross training One day a week should be OFF Should be developing good base endurance and strength. Some sessions can be short such as a 30 minute ergo @ rate 24.	10-14 sessions per week must be taken in the context of a GB team in a training camp environment where they have no other distractions other than rowing!
A J17/J18 who makes the Junior World Championship Team or Coupe de la Jeunesse Team has to be capable of training 2-3 times per day for a week at a time. They have to be capable of doing a 20-km UT2 outing. But they will have the opportunity to get the correct rest, recovery and food intake.			



How Much & How Often Guidelines for Junior Training Programmes

Do not forget rest and recovery!

'How much and How often?' is a question that is regularly asked. The table above is a guide and quite clearly needs to be adapted depending on:

- Coaching availability
- Equipment and Resources available
- Safety on both the water and the land
- Weather conditions
- Time available
- The clubs requirements
- The demands and needs of individual athletes.

For example.

A J16/J17 athlete who has been in the sport for 3 or 4 years, who will hopefully have started to develop some sort of endurance base will be able to cope with a different training load to a novice J16/J17, whatever their ability or potential, who has only been in the sport a couple of months and has no previous sporting background.

Before considering 'how much and how often' we must consider the other demands and pressures on a junior athlete. Life must be a healthy balance and we as coaches have a responsibility to consider the following when we put demands on our athletes to train. We want our youngsters to stay in the sport for a long time and become our future club captains, secretary's, umpires as well as our future Olympic champions. Remember they or their parents might want them to do more, we as coaches sometimes have to say NO!

The following list is clearly not complete but is intended to promote thought. Those who aspire to being successful in their rowing clearly enjoy the sport and want to row but need to balance their rowing with;

- Family life
- Academic qualifications and demands
- Friends and a social life
- Health (juniors can be prone to big growth spurts and training must be adapted)
- Other activities

The training must be progressive over the years. Ultimately our J17/J18 athlete wants to represent their country at the Junior World Rowing Championships or the Coupe de la Jeunesse. This is quite clearly a very proud moment for any athlete, but this should not be their end goal, but a step on the ladder to being an Olympian or rowing in the U23 team and then the senior team.

Variety, fun, skill development and quality are essential when setting a programme. Fun is learning new skills and then applying them. If our young athletes learn to scull and row well then they will ultimately be able to go faster, hence further in the same time. We must ensure that at early stage in the development of any athlete that they focus on getting the basics right which should include:

- Posture
- Correct use of hands
- Bladework

AMATEUR ROWING ASSOCIATION

6 Lower Mall, Hammersmith, LONDON, W6 9DJ

T 0208 2376700 F 0208 2376749

www.ara-rowing.org



How Much & How Often Guidelines for Junior Training Programmes

What other training are they doing?

Remember that nearly all our junior athletes are at school or college and will often have a PE lesson plus a games lesson each week. Others may also be members of a swimming club or a rugby club. These sessions need to be taken in to account when deciding how much rowing training they are expected to complete.

Rest and Recovery

It is not just about the number of sessions a top J18 athlete can achieve but also about the amount of rest and recovery they are getting between sessions. Are your athletes getting the necessary rest and recovery time? Are they eating properly and refuelling themselves correctly to enable good recovery from a hard training session and to prepare themselves for the next session? The athlete should try to have one complete rest day a week.

Pete Sheppard (ARA Chief Coach GB Juniors)

AMATEUR ROWING ASSOCIATION

6 Lower Mall, Hammersmith, LONDON, W6 9DJ

T 0208 2376700 F 0208 2376749

www.ara-rowing.org