



## Get Going Get Rowing TrY Coaching 6 Week Plan for PE Lessons

### **Class 1: The Basics**

Start by demonstrating the basics—posture, grip, and the sequence of the stroke.

#### Posture

Sitting up straight, like there's a string going from your belly button up through the top of your head. When you pull that string up from the top of your head, it brings your body into a nice, tall posture with your back straight.

#### Grip

Hold the handle a bit loosely. Hands at the ends of the handle. Thumbs wrapped around the handle.

#### Sequence

- Start at “backstops”—legs straight, leaning back slightly at 11 o'clock, arms tucked into your sides, handle held at your rib cage.
- Arms away, body rocks forward to 1 o'clock, bend the knees.
- Then reverse it all—push backwards with the legs into your heels, body rocks back to 11 o'clock, arms pull into the rib cage.

Get the students on the machines and go through the movements one at a time. Isolate each motion, ask them to do it with you and each other at the same time.

Let the students practice for a few minutes, circulate and comment on/correct their posture, grip, and the stroke sequence.

Here is a video showing the technique, if you need a reminder. Watch it before you coach this class, you can also show it to the group you're teaching.

[https://youtu.be/4zWu1yuJ0\\_g](https://youtu.be/4zWu1yuJ0_g)

Let the students practice for a few minutes, circulate and comment on/correct their posture, grip, and the stroke sequence.

#### Next activity—Rowing together

Best done separated into smaller groups, choose one student for the others to follow. Give them several minutes to practice rowing all together as a single group (like you'd do in a rowing boat!)



### Next activity—Distance or Time Trial

Choose a distance (like 500m) or time (like 30 seconds). Set all the monitors for it. Have the students row as hard as they can and record their scores. This activity will be repeated over the 6 weeks so they can track their progress and achievements.

### Note

Keep in mind that rowing and the use of these muscle groups may be new to your students, so give them time to rest and hydrate. And when they've done something great, give them a chance to celebrate, too!

### Team Relay Procedure

If you have time during the first class, leave them with the super-fun experience of doing a team relay. If there isn't time, refer back to this procedure during future lessons to set up and explain how they do a relay.

- Split your group into equal teams.
- Un-do the foot strap restraints. Explain to students that when someone is rowing, two people must tightly hold the rower's feet in place, and when rowers change, they must quickly release their hold and then get the next person's feet in place.
- Explain to the rowers that they must quickly get out of the seat, and the next person into the seat, when it's time to change.
- Explain that the entire team must rotate spots (rower, foot holder 1, foot holder 2, rower waiting to start) for the duration of the relay, and everyone must row the same distance. It's the changes that always bungle a team, so let them practice before you begin!
- Set the erg for a set distance of 1000m (or if you have teams of 5, 6, etc., add 250m to that 1000m) (if teams are not perfectly even, work out who will row an extra shift).
- Ready, Steady, Go!
- The first team to complete the distance wins.



## Class 2: Setting a Baseline

Start this class with a first attempt at the Medal Challenge.

Five weeks from now, your students will row for Gold, Silver, and Bronze medals. They'll earn these if they can achieve the distance and time noted below for their age group. Share these distances and time with your students so they know what to aim for.

Try the challenge now so that every student has a baseline from which to improve, and a chance to see their efforts result in an improved score over the 6 weeks.

| Year   | Time/Distance | 100% Gold |       | 90% Silver |       | 75% Bronze |       |
|--------|---------------|-----------|-------|------------|-------|------------|-------|
|        |               | Boys      | Girls | Boys       | Girls | Boys       | Girls |
| First  | 2 min         | 510m      | 490m  | 459m       | 441m  | 382m       | 368m  |
| Second | 3             | 810m      | 750m  | 729m       | 675m  | 607m       | 562m  |
| Third  | 4             | 1123m     | 1020m | 1012m      | 918m  | 844m       | 765m  |
| TY     | 5             | 1430m     | 1287m | 1287m      | 1158m | 1073m      | 966m  |
| Fifth  | 6             | 1720m     | 1540m | 1548m      | 1386m | 1290m      | 1155m |
| Sixth  | 2000m         | 7min      | 7:45  | 7:42       | 8:31  | 8:45       | 10:56 |



### Procedure

- Start the class with stretching and a 1-2 minute warm up on the ergs.
- Get each student to set up their own clock:  
Menu → Select Workout → New Workout → Single Time → Change to correct number of minutes → Press the check mark.
- Press the Display button until you get this screen. This is the clearest way to keep track of the meters rowed, which is the third line.
- The clock will start counting as soon as the handle is pulled, *so make sure no one starts rowing until you say go.*

### Record Scores

- You'll need to keep a record of everyone's score this week and in subsequent weeks. An Excel spreadsheet works well, so you can arrange scores in order.
- Have everyone record their own score somewhere, too, so they can refer back to it.
- Let students compare scores, congratulate each other, and set goals for subsequent time trials!

### Relay

- If there's time, you can end with a relay like the one described above.





### **Class 3: Working with Speed**

This week's class focuses on the rate of rowing, or the strokes performed per minute.

#### Procedure

- Introduce the group to the stroke rate counter in the bottom left corner of this screen (press the display button until the screen looks like this), as shown. A stroke is one full sequence: Legs, body, arms, arms, body, legs.
- Set a stroke rate challenge for the warm-up. For example, 2 minutes to warm up while keeping the rate between 24 and 28. If the stroke rate number is too high, you need to slow down. If it is too low, you need to speed up.



*Note:* For the first few strokes, if you stop or go too slowly, the computer will show wild and incorrect numbers. Ignore these and keep rowing until your rate stabilizes.

#### Activity: Pacemaker

All students rowing must row at the same pace. The coach chooses one person at a time—the pacemaker—to set the rhythm.

After students begin rowing, the coach then chooses another pacemaker, who must change the rhythm, either increasing or decreasing the stroke rate.

Repeat until everyone has had a turn setting the pace.



### Game: Fish Game

This can be played as an individual or team challenge.

- Set the display: Menu → Games → Fish Game
- The rower is the fish in the bottom left corner. Eating the small fish gets you points. Being eaten by the big shark loses you points.
- The faster you go, higher up the screen you move. The slower you go, the further down the screen you move. You cannot stop rowing.
- The game will run for 4 minutes, but if you run short on time, you can stop everyone after 1 or 2 minutes and note their scores. To make it a team challenge, add up everyone's scores at the end.





### **Class 4: Increasing Power**

This class introduces the split—how long it would take you to row 500m. It is the big number in the middle of the screen. In the photo on the left, it is 2:00/500m.

#### Procedure

During the warmup, have the students look at their split and take note of what they're doing. Then have them do another 30 seconds, trying to lower their split by 10 seconds (by speeding up their rowing).

The focus on a technical one—to row with power, rowers must push back hard with their legs, into their heels, keeping their arms straight through this leg drive. Then, you pull back hard with your arms into your torso.

Focus on keeping the arms straight when you start pushing back. Your arms should only bend when your legs have finished pushing. If necessary, refer back to the video from Class 1.

#### Activity: 100m Challenge

Set up the clocks for 100 meters: Menu → Select Workout → New Workout → Single Distance → Change to 100m → Press the tick/check mark.

Row 100 meters. Take note of time.

Repeat, emphasize focus on pushing with the legs and thus decreasing the split.

#### Game: Relay

Repeat the relay from Class 1, but this time, focus on the split, keeping it consistent for the first 40 seconds and then pushing harder and decreasing the split for the last 20 seconds.





### **Class 5: Competition and Stamina**

Start the class with a technical warm up. Correct any mistakes with technique that have developed. Include 10-30 second bursts of speed in the warm up.

#### Activity: Pause Drill

Every stroke, students pause at a certain point of the stroke. For example, pause at hands-away every stroke for 10 strokes. Then, pause at bodies-over every stroke for 10 stroke.

#### Game: Relay

This relay works off distance instead of time.

- Choose a distance that each rower will have to row. Think about how much time you have, and how fast your rowers are. 200 meters each is a good starting point.
- Set up the clocks for the total distance needed. For example, if you have a 4 person team that will each row 200m, set up the clock for 800m.  
Menu → Select Workout → New Workout → Single Distance → Change to 800m → Press tick/check mark.
- Rowers watch the meters counting down and stop once they have rowed their distance. If you have 4 rowers, changeovers will happen with 600m, 400m, and 200m left on the clock.
- At each changeover, include another activity. If you have space, include a short run, maybe the length of your school hall. Each person must complete the run before they can start rowing. If you don't have space to run, get creative—maybe it's 20 sit ups, 15 squats, or 10 burpees.
- The clock will keep counting once the first stroke has been taken, so everything must be done quickly. Starting their run/activity before their teammate has finished their rowing results in a 10-second penalty or disqualification.



### Class 6: The Final Attempt at The Medal Challenge

| Year   | Time/Distance | 100% Gold |       | 90% Silver |       | 75% Bronze |       |
|--------|---------------|-----------|-------|------------|-------|------------|-------|
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- Start off by asking everyone if they got a medal on their first attempt, and if they did, what color it was.
- Encourage everyone to remember what they have learnt over the last 5 weeks, both for technique and applying their strength and power.
- Set up the clocks as before  
Menu → Select Workout → New Workout → Single Time → Change the time → Press the tick/check mark button.
- Encourage the students not rowing to cheer on their classmates.
- When finished, rowers give their times over the course of the 6 weeks and note the progress they made. Offer a big congratulations to everyone, it's a great achievement!
- Make note of what medals were achieved so that certificates can be presented.

# GET GOING GET ROWING

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## DRILLS & GAMES FOR TY COACHES

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- **ARMS-AWAY**
- **ARMS AND ROCK-OVER**
- **LEGS ONLY (GREAT FOR CLASS # 2)**
- **ROWING IN TIME**
- **ROLLING (ROW TO STOP AT 100M EXACTLY)**
- **HIGHEST WATTS IN A SINGLE STROKE (CHANGE DISPLAY FOR THIS ONE)**
- **FISH GAME (ON CONCEPT 2 DISPLAY)**
- **USE OTHER EQUIPMENT TO SET UP SEVERAL STOPS ON A CIRCUIT (WEIGHTS, PLANKS, BOX JUMPS, ETC), KEEPING ALL STUDENTS MOVING WHILE 5/6 ARE ROWING**

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## TRAINING DIARY FOR TY COACHES

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**COACHES**

**DATE**

**CLASS # OF 6-WEEKS**

**INTENDED OUTCOMES**

**AGENDA (WITH ESTIMATED TIMES)**

**ACTUAL OUTCOMES**

**FEEDBACK RECEIVED/HEARD**

**ACTION ITEMS FOR FUTURE SESSIONS**