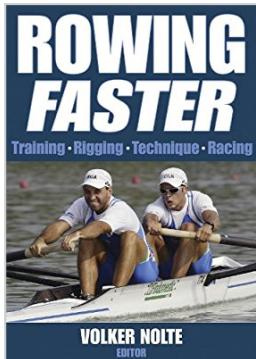


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Rowing Faster

By Volker Nolte

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Get a length up on the competition with cutting-edge technique, training, and racing information. Let the top rowing coaches and scientists in the world steer you to ultimate success, starting with sound training and racing principles and adding increasingly advanced instruction, drills, and insights all the way to the finish.

Rowing Faster is the most comprehensive and detailed guide for achieving excellence in the sport. Inside you'll find the following advice:

-Techniques, drills, and progressions used by World and Olympic champions to master every phase of the stroke

-Tests to assess your rowing fitness and workouts to develop an aerobic base, increase anaerobic threshold, improve VO₂max, and build rowing-specific strength and power

-A rowing periodization plan to sequence all the training components into a complete training program to maximize boat speed for 1000 meters, 2000 meters, and head racing

-Racing plans and tactics that have been proven successful at the highest levels of competitionCut through the water faster than ever. *Rowing Faster* will boost your speed and performance to the highest level.

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""A compilation of the best information from around the world, Rowing Faster will help you understand and utilize the techniques, training methods, and racing strategies that will help you excel in competition.""

Steven Redgrave
Five-time Olympic gold medalist

"I worked with many of the contributors to Rowing Faster while training with the Canadian team. This book is a great tool because it has so much of their valuable knowledge in one place.("")

Marnie McBean
Three-time Olympic rowing champion

"Rowing Faster is a collection of scientific knowledge and practical experiences that will benefit all rowers and rowing coaches. This book comes at an important time in the evolution of rowing knowledge, bringing together the best training methods and theories from around the world. It should prove to be an invaluable tool for those wanting to be the best they can be."

Alan Roaf
Executive director, Rowing Canada Avrion

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