

A rowing athlete in a blue and white uniform is celebrating a victory on a beach. He is wearing a dark cap and has his arms raised in the air. He is holding a pink jacket. In the background, there are blue banners with the British Rowing logo (a Union Jack with a red cross) and the text 'BRITISH ROWING'. Other people are visible in the background, some standing and some sitting on the sand. The sky is blue with some clouds.

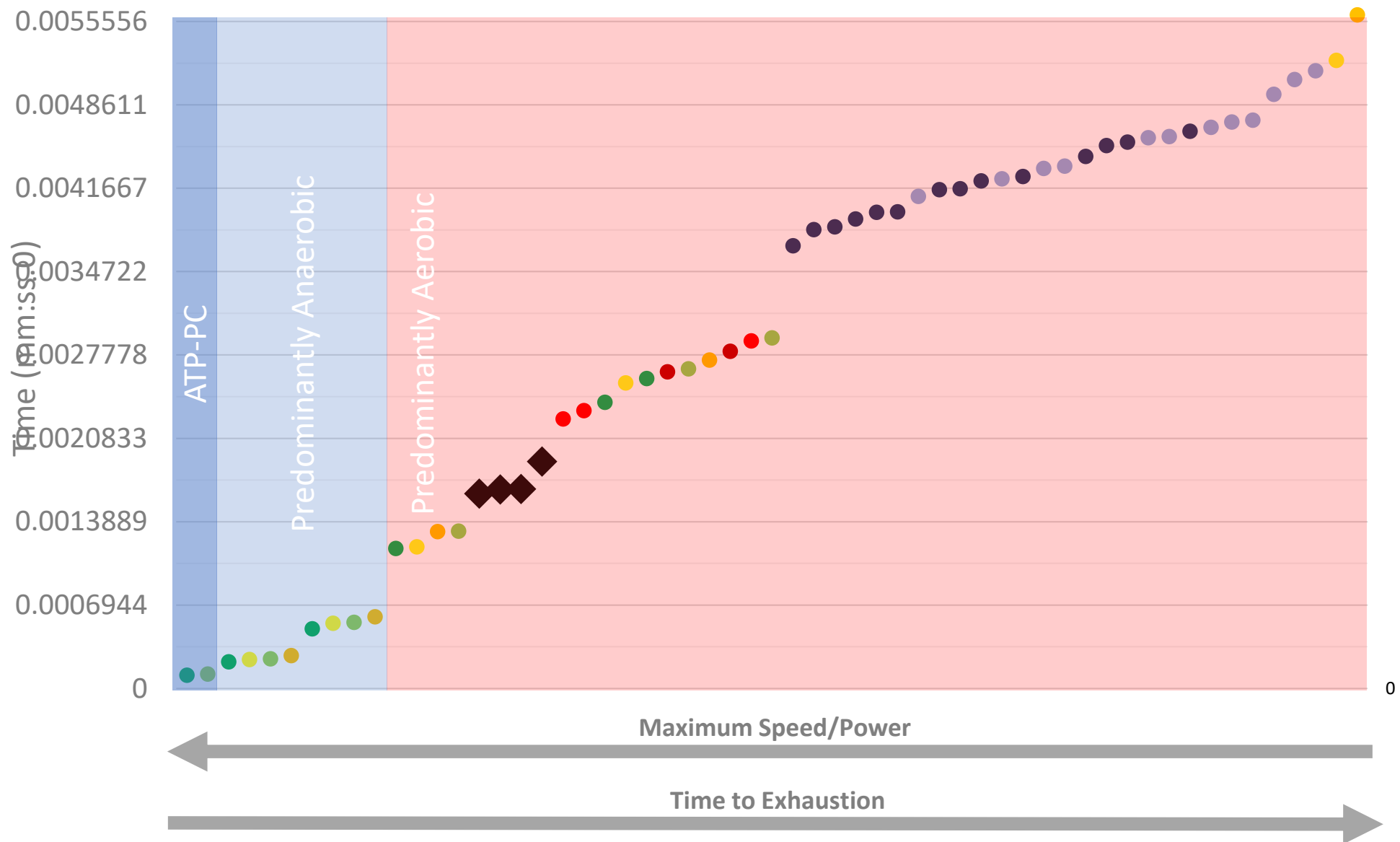
# Beach Sprints Rowing:

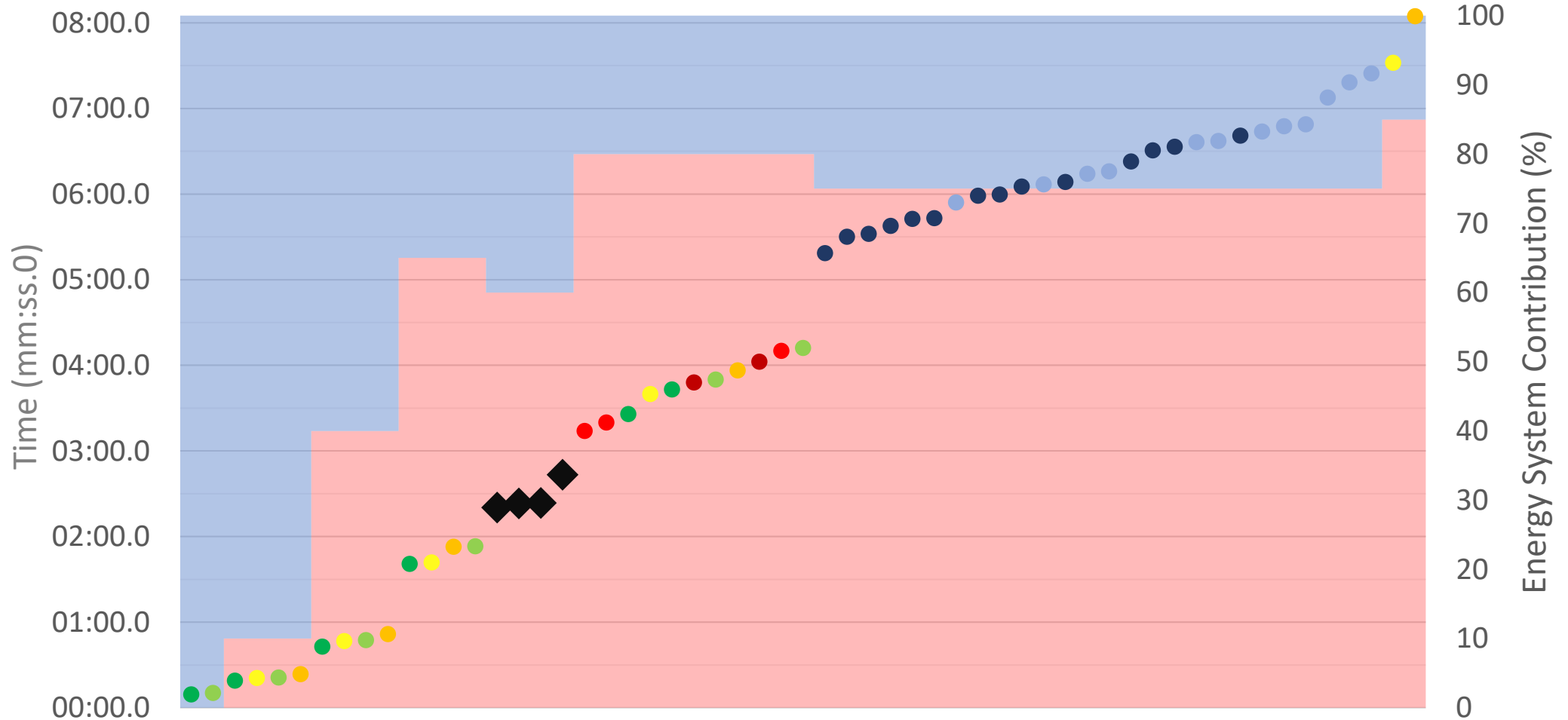
A (2000m) Rowing Physiologist's Perspective

**Dr Mark Homer**



# Race Structure





Maximum Speed/Power



Time to Exhaustion





00:00 → 00:10 (00:10)

Run (5.9%)

00:10 → 01:21 (01:11)

Row (41.8%)

01:21 → 01:30 (00:09)

Turn (5.3%)

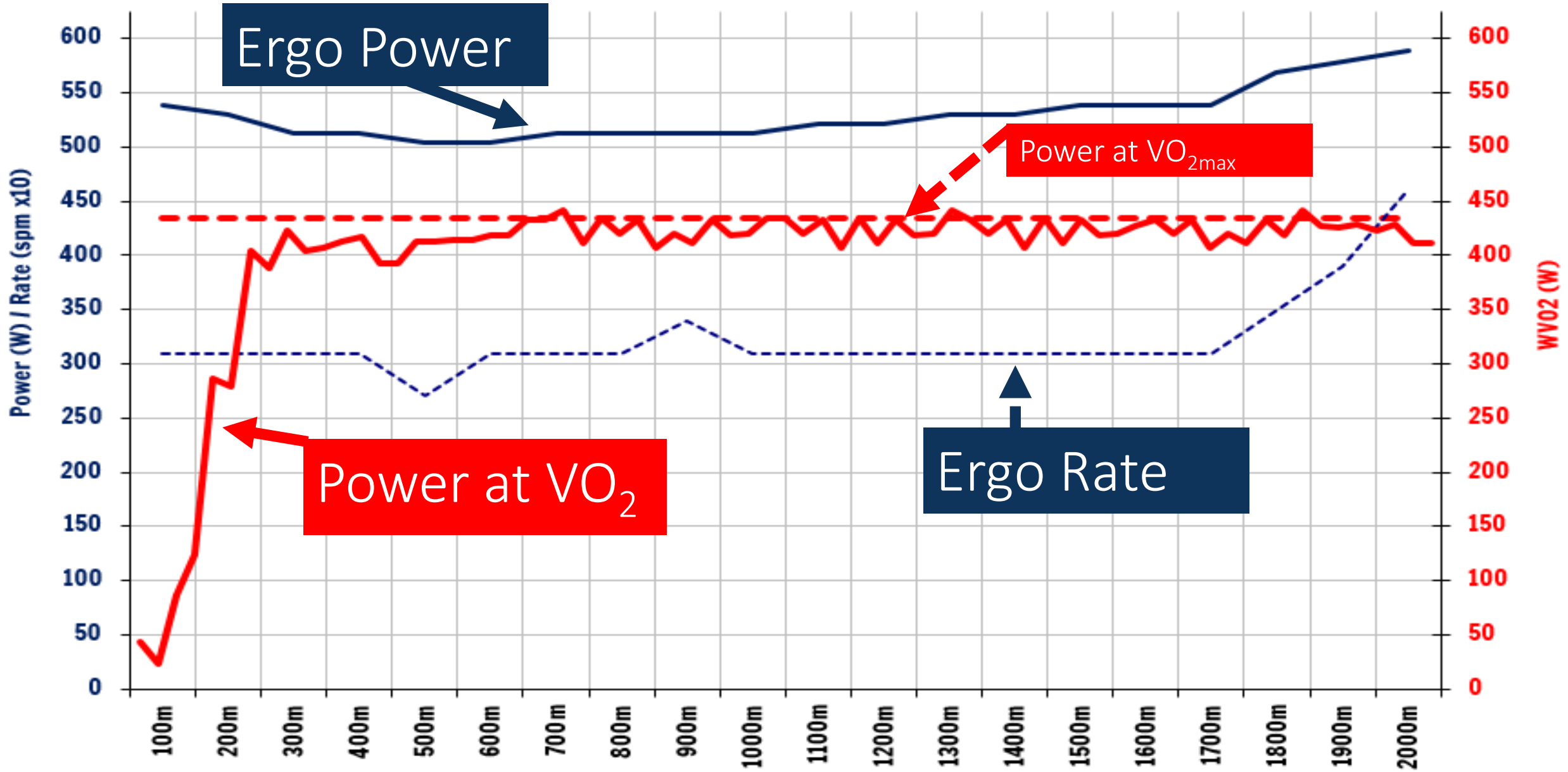
01:30 → 2:40 (01:10)

Row (41.2%)

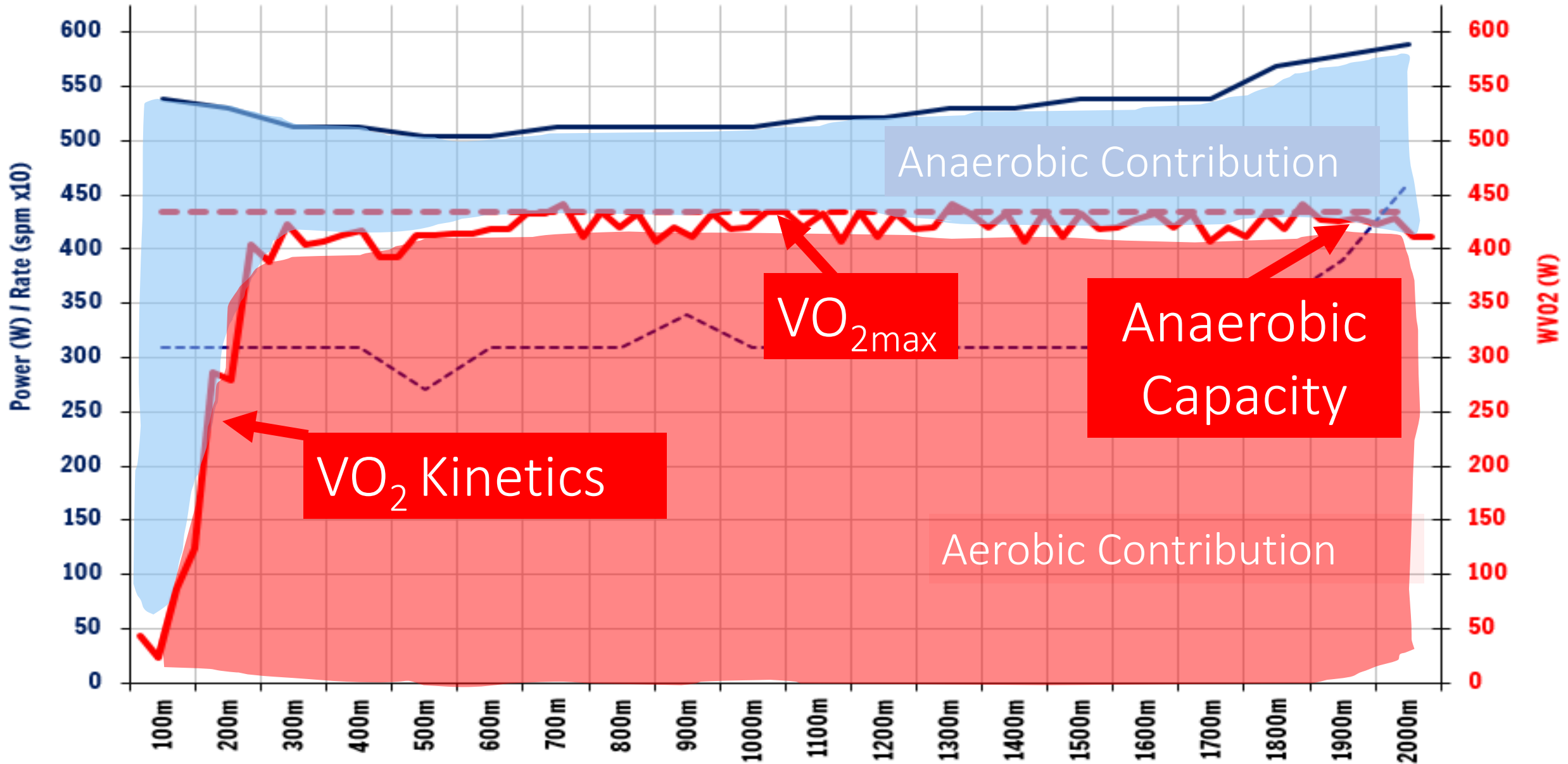
02:40 → 2:50 (00:10)

Run (5.9%)

# 2km Power-Oxygen Consumption Profile



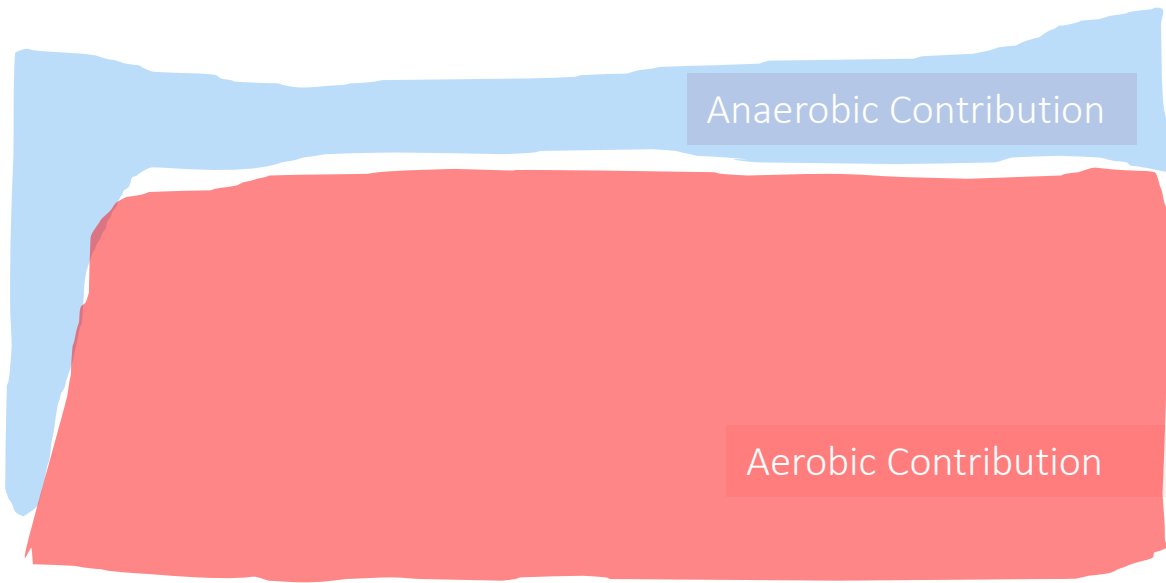
# 2km Power-Oxygen Consumption Profile



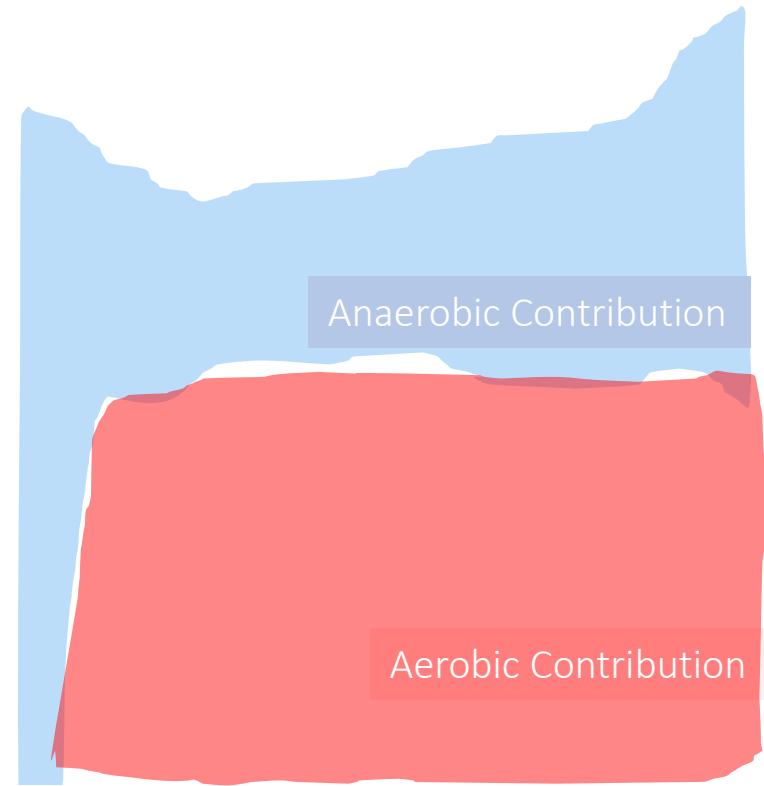
Anaerobic Contribution

Aerobic Contribution





**2km Rowing**



**Beach Sprints**



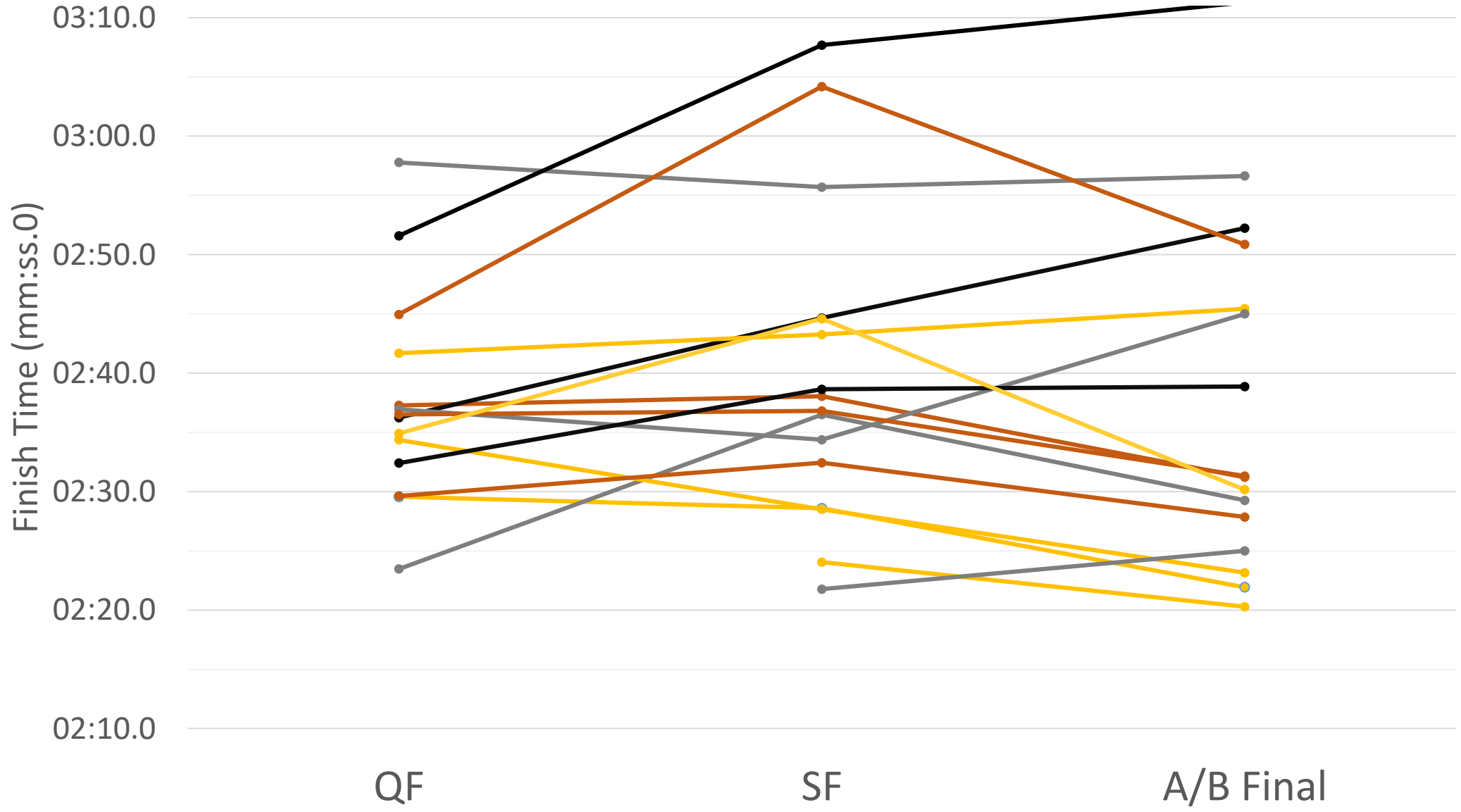
# Event Structure

# 2019 World Rowing Beach Sprint Finals - Shenzhen, CHN

26/10/2019

Programme (D.7)

WEDNESDAY 23-Oct	THURSDAY 24-Oct	FRIDAY 25-Oct	SATURAY 26-Oct	SUNDAY 27-Oct	MONDAY 28-Oct
		TIME TRIALS	FINALS	REPS & FINALS	RESERVE DAY
		CMix2x	CMix2x	CM1x	
	9:30 hrs Opening Ceremony	10:00 TT	13:30 QFA1	13:30 REP 1	
		10:07 TT	13:37 QFA2	13:37 REP 2	
		10:14 TT	13:44 QFB1	13:44 REP 3	
		10:21 TT	13:51 QFB2	CW1x	
		CMix4x+	13:58 SFA1	13:51 REP 1	
		10:30 TT	14:05 SFB1		
		10:37 TT	14:12 F2	CM1x	
		10:44 TT	14:19 F1	14:05 QFA1	
		CM1x		14:12 QFA2	
		11:00 TT	CMix4x+	14:19 QFB1	
		11:07 TT	14:30 HA1	14:26 QFB2	
		11:14 TT	14:37 HB1	14:33 SFA1	
		11:21 TT	14:44 SFA1	14:40 SFB1	
		11:28 TT	14:51 SFB1	14:52 F2	
		11:35 TT	14:58 F2	14:59 F1	
		CW1x	15:05 F1		
	11:45 TT	Victory Ceremony: CMix2x, CMix4x+	CW1x		
	11:52 TT		15:10 QFA1		
	11:59 TT		15:17 QFA2		
	12:06 TT		15:24 QFB1		
	12:13 TT		15:31 QFB2		
	15:00 hrs Team Managers' Meeting		15:38 SFA1		
			15:45 SFB1		
			15:57 F2		
			16:04 F1		
			Victory Ceremony: CM1x, CW1x	Entries based on:	
			Closing Ceremony	CW1x 9	
				CM1x 11	
				CMix2x 8	
				CMix4x+ 6	



Day 1

TT: 12:13  
(49:35:00)

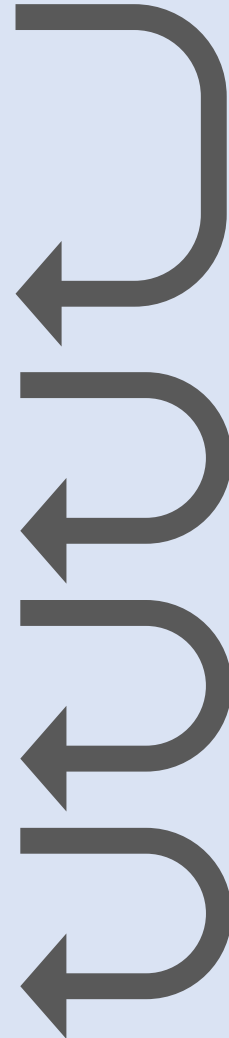
Day 3

REP: 13:51  
(1:37:00)

QF: 15:31  
(00:11:00)

SF: 15:45  
(00:16:00)

FA: 16:04



Active Recovery  
Refuel  
Rehydrate  
Sleep

Lactate Accumulation  
No residual fatigue

Lactate Tolerance  
+ Associated fatigue

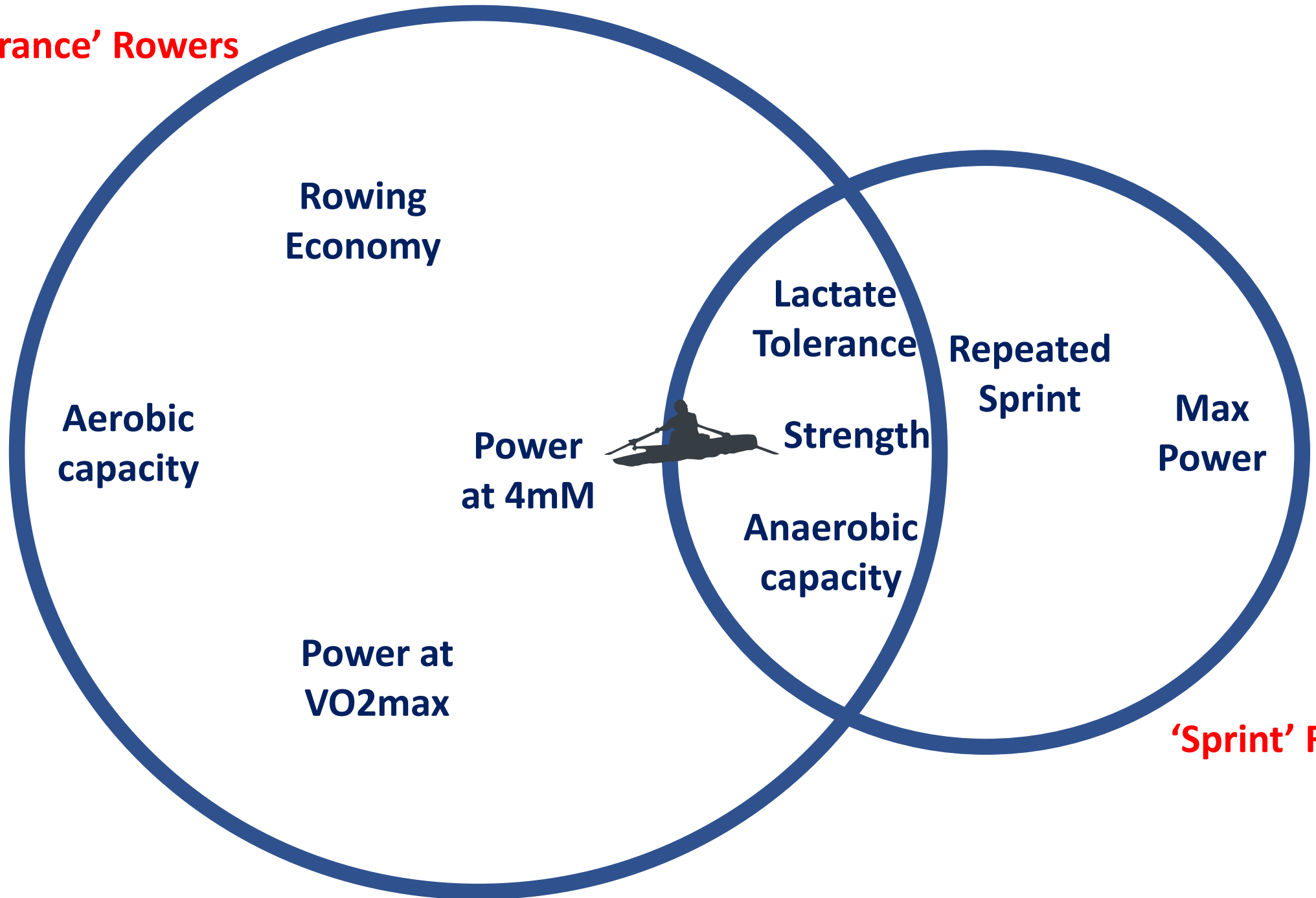
Lactate Tolerance  
++ Associated Fatigue



# Training Structure



**'Endurance' Rowers**



**Rowing  
Economy**

**Aerobic  
capacity**

**Power at  
VO<sub>2</sub>max**

**Power  
at 4mM**



**Lactate  
Tolerance**

**Strength**

**Anaerobic  
capacity**

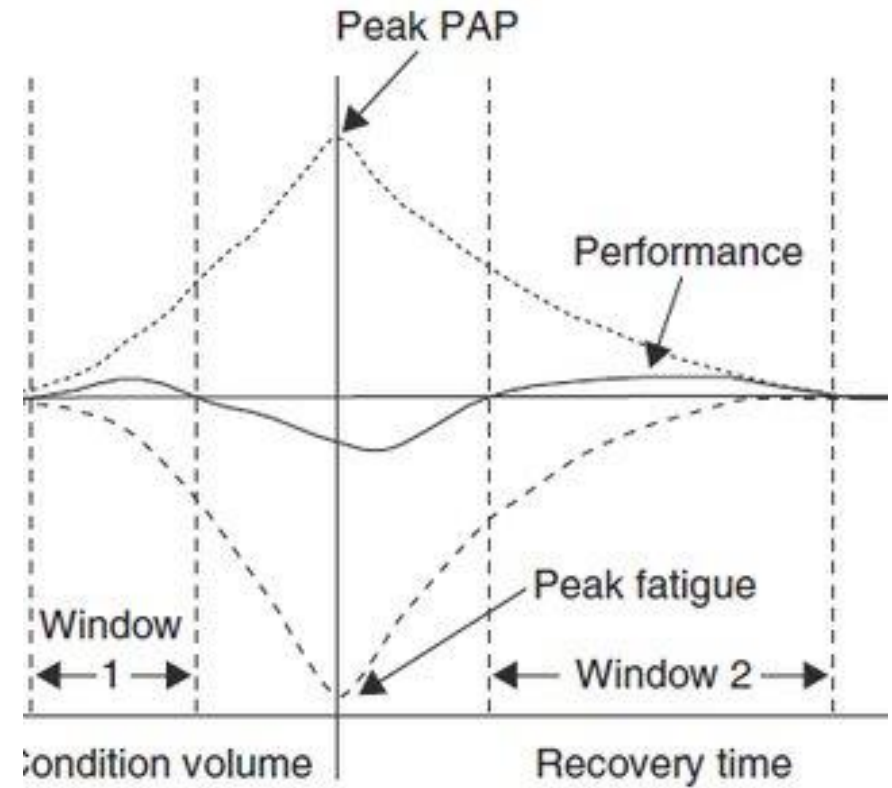
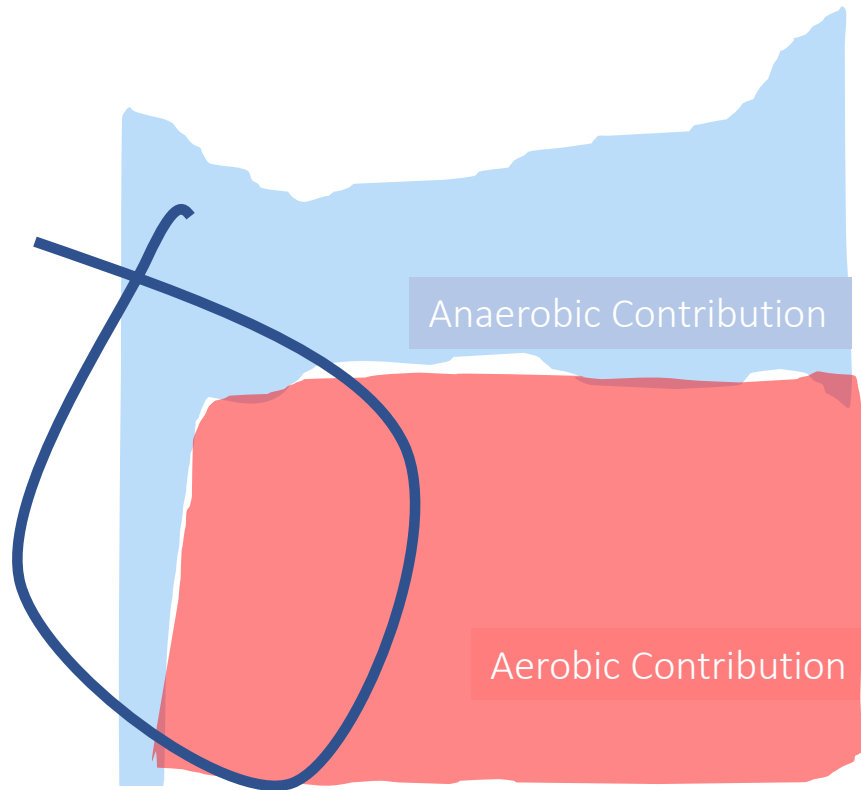
**Repeated  
Sprint**

**Max  
Power**

**'Sprint' Rowers**







Sprint 1 > Stroke?  
 Bow > Sprint 2?  
 Male vs Female?



# Looking for physiology consultancy after Tokyo 2020?



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