

## Thoughts on preparing for your Crash-B race.

1. **Credo:** Plan your race, race your plan.
2. Prepare by rowing at least 3 x per week:
  - \* 1 long, low piece to work on your endurance, will power, concentration  
  
example: 7500 - 10,000 meters @ 18-22 stroke rating
  - \*1 anaerobic piece to work on strength-endurance, oxygen uptake, concentration, higher lactic acid levels  
  
example: 2-3 x 3000 meters (1500m@24SR, 1500m@28SR)
  - \*1 speed piece to work on speed endurance, technical efficiency at a high level of exertion  
  
example: 10 x 500 meters at race pace
3. Prepare a warm-up and do it every time you row. This will get your mind and body ready to race.  
  
example: 20 min warm-up (10 min. @18-20 stroke rating plus 3 x 10 strokes building to your race pace with 1 min. easy paddle between them ending with 3 starts with 1 min. easy paddle between them.)
4. Practice your start. Don't fly and die!! (Don't let the rush of adrenaline fool you into thinking you can row at a lower split.)  
  
example: 3 - 5 short, quick strokes to get the flywheel moving followed by 5 - 10 strokes to settle down to your race pace.
5. Break your distance into smaller manageable pieces.  
  
\*example: 2000 - 1500 meters = start & settle  
1500 - 1000 meters = maintain  
1000 - 500 meters = dig deep  
500 - 0 meters = empty the tank