

## Rowing ACT Statement on Master's Training at Home During COVID-19

During the COVID-19 pandemic, Rowing ACT will support our Master's rowers to continue training at home and stay active. Staying active is a key component to maintaining your physical and mental health over these difficult times. There are however, risks associated with training unsupervised at home, particularly when Masters athletes are taking on new forms of exercise. Now is not the time for risky training, rather athletes should prioritise safe and smart training regimes.

Any recommendations in this document, should be read in coordination with all up to date social distancing measures.

Rowing ACT also recognises, that in training at home, athletes may not have access to the equipment they would normally use, and as such may try new methods of training that they are unfamiliar with. Rowing ACT makes the following recommendations for athletes who are training at home. The following guidance and opportunities can be applied to levels at all ages and levels of experience (from Juniors, Club rowers, U21, U23, Elite and Masters Rowers):

- All athletes should as a first option, follow a training regime put together individually for them by their coach. Your coach should be your first point of contact for any change in program. If you don't have access to a coach for advice some information is provided for you to consider in the points below.
- A particular emphasis should be placed by athletes on completing warm-ups and warm downs, inclusive of stretching and foam rolling post exercise. These can have highly positive effects on the training that is completed, as well as the bodies adaptation to training.
- Caution is recommended when trying a new sport or training exercise. Gently build up over time. If you are recommencing running, have a thorough warm up and stretching protocol prior to commencement of the run.
  - Commence with very short intervals of running at a slow, steady pace, with longer intervals of walking.
  - Build intervals of running over time – there's no need to rush this, don't go to failure.
  - Stretch while in the shower post run, and have an extensive stretch after the run.
- Training on the bike can be an excellent low impact way to stay healthy, and Canberra is an exceptional place to ride.
  - When on bike paths, exercise caution when approaching pedestrians on the path (this can include unpredictable moves from pets, children, or people running with headphones).
  - When on the road try to stick to roads with bike lanes. Alternatively, ensure you avoid using headphones and minimise distraction.
  - Good value can be found in riding up our local climbs. Here I list them in order of degree of difficulty – Mt Pleasant, Mt Stromlo, Red Hill, Black Mountain, Mt Ainslie. A good option which minimises time in transit is to try to go up these increasing times (eg: start with Mt Pleasant x 1, then Mt Pleasant x 2 and build these over time before progressing to the next climb). Ensure great care is taken on the descents. Be slow on the way down. Take care approaching corners.

- Sign up to Strava, and then you can track your times up these climbs on your smart phone (avoid doing TTs on bike paths due to risk to other pedestrians).
  - Avoid riding in the wet, as this can decrease visibility and road traction.
  - Be careful of frosty and icy conditions on our paths and roads as we move into cold weather.
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- Consistency of training is key. There's no need to do any extreme training regimes. The most basic exercises are the exercises which will provide the best adaptations to training.
  - Best performance outcomes come from ensuring training loads and intensities, remain consistent (do the basics better).
  - For athletes who do not currently have a coach they can reach out to, they are invited to complete the rowing ergo step test protocol released by Rowing ACT which can be found on our website. After completion of the test, forward the results to the Head Coach of Rowing ACT, Dave Fraumano. Dave will then forward you a tailored ergo program for you to complete in your own time. Any questions about this test (or training generally) should be directed to [headcoach@rowingact.org.au](mailto:headcoach@rowingact.org.au).

Be safe out there, be patient and consistent and you will get better.

