

Wake

Sleep

REGULATE

Set of processes to prepare the mind or body for training or racing

1. Daily wellness check
2. IPA (Injury Prevention + Physical Activation)
3. Fuel and hydration to READY
4. Mind matters

READY

Execution of rowing performance/ability at correct intensity

1. Equipment check & rig
2. Prepare on water fuel/clothing/spares
3. Briefing
4. Individual goals
5. Launch & train
6. De-rig
7. Fuel and hydration to replenish
8. Debrief

RECOVER

Return to right state of health, mind, body, and energy for training or racing

1. 30 min active recovery – bike or walk
2. IP/flexibility & stretching or physio/massage
3. Fuel and hydration to recover
4. Relaxation station
5. Sleep hygiene

DEVELOPMENT

Time for:

Study

Social Activities

Education

Learning

Practical

Individual consults with SSSM or Personal Excellence