

# Peak Centre Rowing Dryland Program

## The Peak Centre Rowing Program

The Peak Centre for Human Performance is proud to introduce the Peak Centre Rowing Program. This cutting edge Program combines the Peak Centre's long standing expertise in sport science with expert rowing coaching to provide a menu of training options for rowers on the West Coast of every level. The Peak Centre has been deeply involved with Canada's National Rowing Program through Ed McNeely, one of Peak's senior Sport Scientists, who has been the physiologist and strength consultant for the Canadian National team since 1992. Our programs make available to all rowers the sport science services previously accessible only by national level athletes. For coaches or clubs interested in having their athletes assessed, our staff will visit your club, test the athletes and explain the results and how the training can be modified according to the results. For athletes looking for some help with their training, we offer customized training program development, an off-season dryland program, assessment services and coaching services like video stroke analysis.

## What is the Peak Rowing Dryland Program?

The Peak Centre Dryland Program is designed to dramatically improve the power you can generate in the boat and make you faster on the water. The program consists of three weekly coached erg sessions, two optional strength sessions and the latest sport science testing. We use state of the art lab testing to determine each individual's strength and weaknesses to determine power levels for the erg sessions so that we can ensure each and every workout is done at the intensities that are going to create the biggest improvements. We use reassessments and performance testing at the beginning and the end of the program to ensure we are seeing the improvements we expect to see and adjust the training accordingly. Each workout session is coached to ensure workouts are done properly and monitor progress.

## Individual Training Zones: The Key to Performance Improvements

The Peak Centre Training System is designed to develop an athlete through specific, scientific and individual needs. Our physiologists do this through precise Training Zone determination. Each training zone is dedicated toward improving a specific aspect of performance.

**Cat 2, 4 & 6** are specific physiological parameters that must be precisely trained for performance improvements at specific events.

**Cat 3** is sometimes used for the development of specific needs depending on the intensity and duration requirements of the athlete's event.

**Cat 5** is a zone that isn't used in any rowing discipline and shouldn't be trained by rowers.

The key to determining training zones is accurate blood lactate analysis at several exercise intensity levels. After thorough analysis of the assessment information, Peak Centre exercise physiologists can precisely determine an athlete's individual key training zones.

## Program Features:

- Lactate testing to determine individual power and heart rate training zones
- Workout are power based to eliminate guesswork from perceived exertion
- Sessions are instructor led to provide proper workout progression
- All classes use the Concept II Ergs – the industry gold standard in power based training ergs
- Periodic performance testing (both lactate and functional) to measure progress and determine new training zones
- Small class size to ensure instructors can provide the proper support and guidance
- Technique work to improve stroke mechanics for increased efficiency.

## The Rowing Program Includes:

- 16 weeks starting the beginning of November to the end of February
- 1 full lactate zone check (beginning of the program) and one zone 1 check (mid to end of program)
- three 60 minute coached erg sessions per week
- strength training program with 2 optional monitored strength sessions per week
- small group sizes to ensure individual attention
- unlimited access to Peak Centre facility
- Optional erg booking slots to make up for missed sessions
- Discounts on other Peak Centre products and services
- Discounts on private lessons or video stroke analysis

## Group Options

Group 1: Monday, Wednesday, Saturday from 5:15 am-6:15 am

Group 2: Monday, Wednesday, Saturday from 6:15 am-7:15 am

Group 3: Tuesday, Thursday, Friday from 5:15 am-6:15 am

Group 4: Tuesday, Thursday, Friday from 6:15 am-7:15 am

## Session Start Date:

Group 1 & 2: Monday October 31<sup>st</sup>, 2011

Group 3 & 4: Tuesday November 1<sup>st</sup>, 2011

## Location

Peak Centre for Human Performance

101-4181 Hastings Street, Burnaby

Map: <http://www.peakcentrevancouver.ca/contact.php>

## Cost

\$140.00 + taxes per month

## Head Coach - Jim Gardiner

Jim Gardiner is currently the head coach of the Simon Fraser University Rowing Team. Over the past 3 years he has also coached the competitive masters programs at Vancouver Rowing Club and Deep Cove Rowing Club in which time both clubs moved to the forefront of competitive rowing on the North American circuit. Offering intensive coaching in both the disciplines of sweep and sculling he has recently expanded his services to include guest speaking, training consulting, and guest coaching. His rowing / coaching career began at the University of Rhode Island and continued through the stages of the U.S. National Team system. He also was the head coach of the University of Rhode Island for 2 years in which time he helped groom Jason Gales and Julia Chiliki for their run at the '96 Olympic games. Currently Jim is the rowing training specialist at The Peak Centre for Human Performance. He has been working closely with the centre to build a rowing training facility where athletes can improve their rowing skills through a dryland system based upon smart, efficient training built around the blend of science and sport.

## Registration

There are a limited number of ergs for each time slot so register early to reserve your space. You can register by calling the Peak Centre at 604-299-7959.