



Creative Ideas at Home

Amy McCarthy, Jess Harris and Ellie Sadler



**BRITISH ROWING
LOCKDOWN WEBINARS**

IN ASSOCIATION WITH  **sas**
THE POWER TO KNOW.

Who we are

Henley Royal Regatta Charitable Trust Coaches

Amy McCarthy - City of
Sunderland RC

Jess Harris - Dorney Boat Club

Ellie Sadler - Star RC



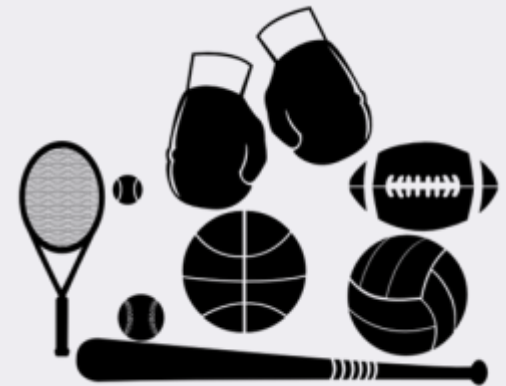
Objectives

- How to *create* **games** for training
- Use of **household equipment** as workout equipment
- How to *creatively* maintain **fitness** for the wider club
- How to *creatively* keep **motivated** during lockdown
- How to *creatively* sustain club **community**

Thinking outside the box...

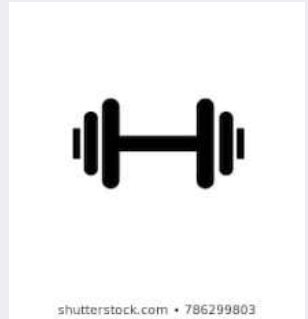
'Grab and Get Going' challenge

- You will have **30 seconds** to run and grab a household item that would replicate a piece of sports equipment
- By the end of this challenge, you'll have a set of non-sports sports equipment for your home workouts.
- Take a photo and tag us on Twitter with the hashtags

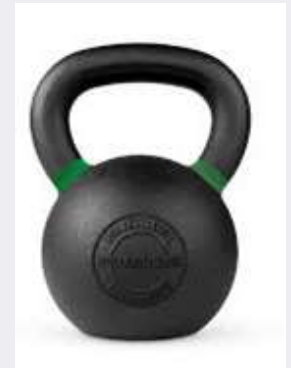


#BRGetCreative #StayInWorkOut
@BritishRowing

Find something you could use as a dumbbell



Find something you could use as a kettlebell





Creating Games for Training

TEAMWORK | OPEN TO ALL | COMMITMENT

GAME Design

Goal

What is the outcome?

Achieve

What is the format?

Motivate

What is going to be engaging?

Equipment

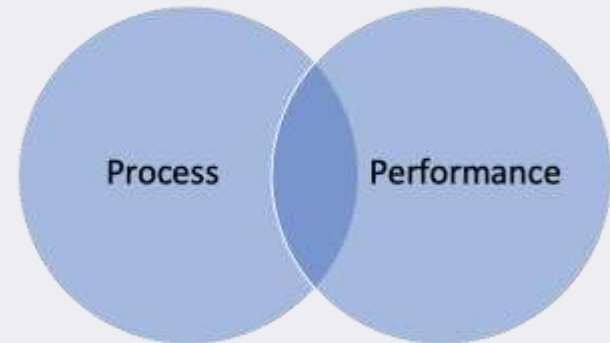
What resources are required?

GAME Design

GOAL

Is the focus on the process or performance?

- Strength & Power
- Speed & Agility
- Fitness & Endurance
- Education & skills
- FUN!



Football Formations



Goals:

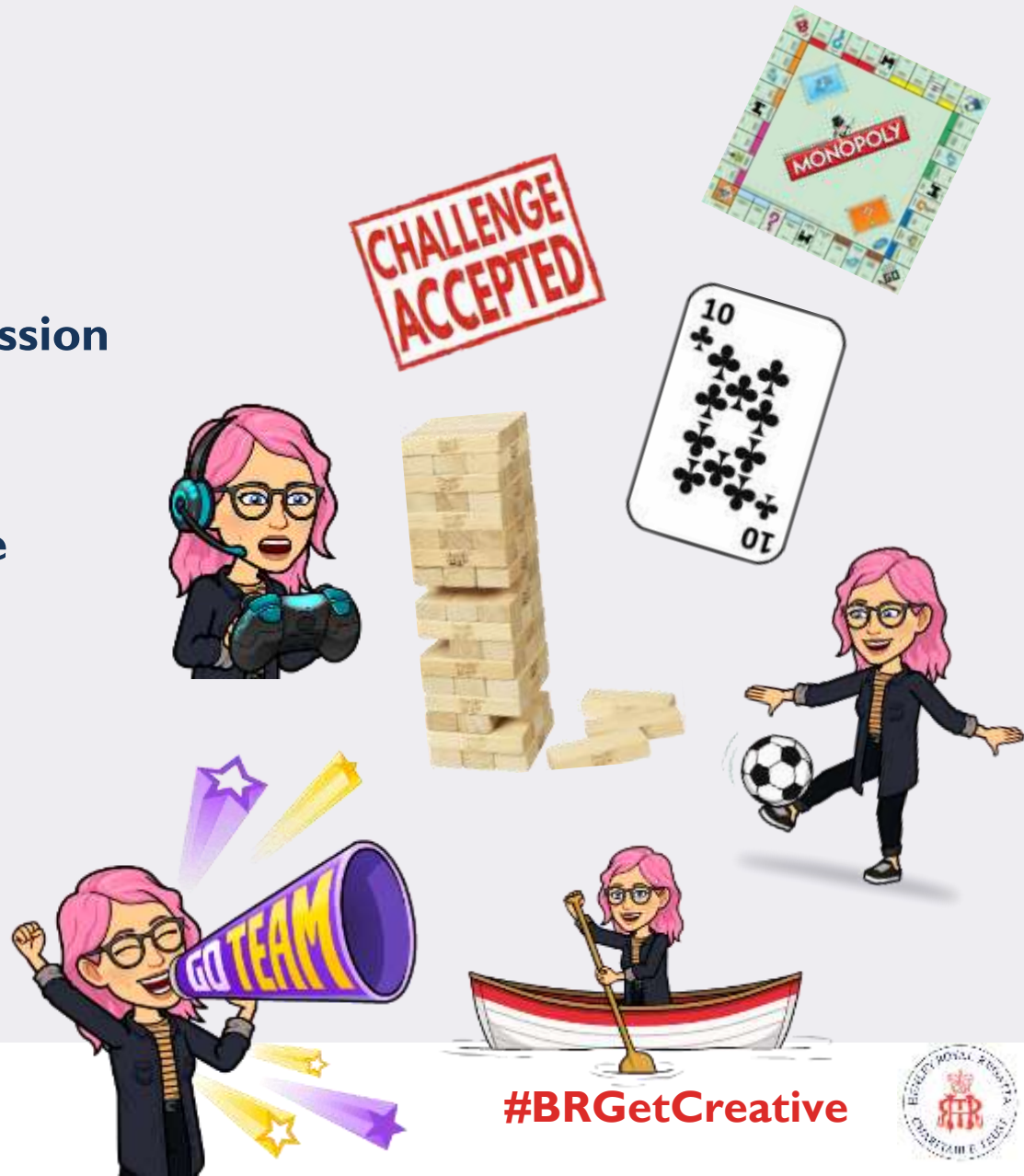
- Fun
 - Educate on football formation styles
 - Circuit training
1. Choose a football formation e.g. 4-4-2, 3-5-2, 4-5-1
 2. Complete the number of reps on the shirt per player and repeat according to the formation

GAME Design

ACHIEVE

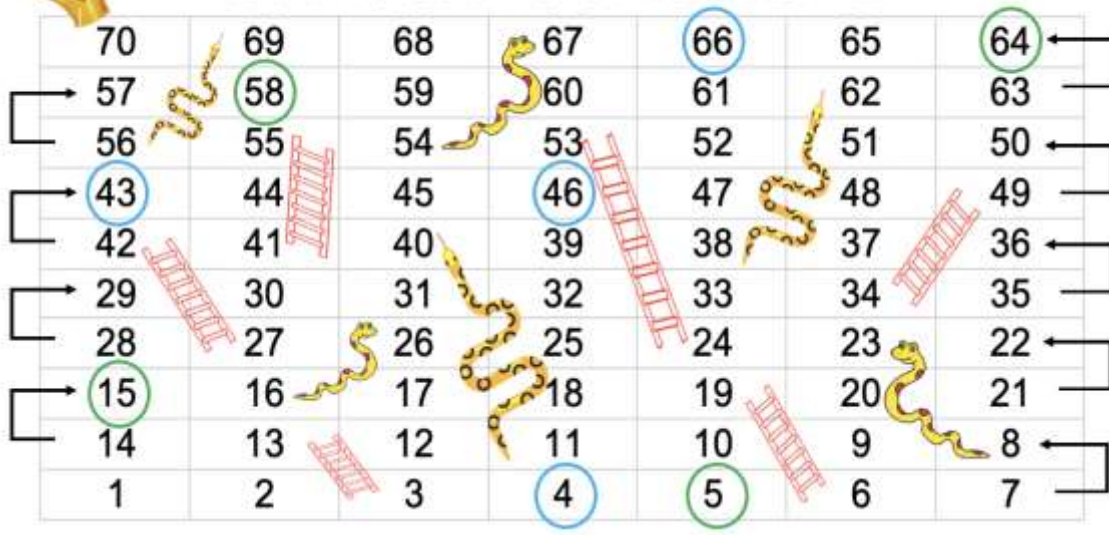
What format will the session take?

- Games - can you use existing concepts?
 - Sports
 - Board Games
 - Video Games
- Challenges
- Team vs. Individual



Snakes & Ladders

SNAKES & LADDERS



How to achieve:

- Board game
- Team or Individual

1. In your teams, roll the die
2. Row _____ m per square EACH that you move on
3. If you land on a **snake**, perform _____ EACH
4. If you land on a **ladder**, perform _____ EACH

● GREEN RING = move BACKWARDS on your next roll

● BLUE RING = choose a team to _____

GAME Design

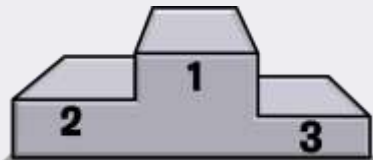
MOTIVATE

What will maintain engagement?

- Points and Leaderboard
- Feedback
- Short term vs Long term
- Language & learning styles



Source: National Training Laboratories, Bethel Maine



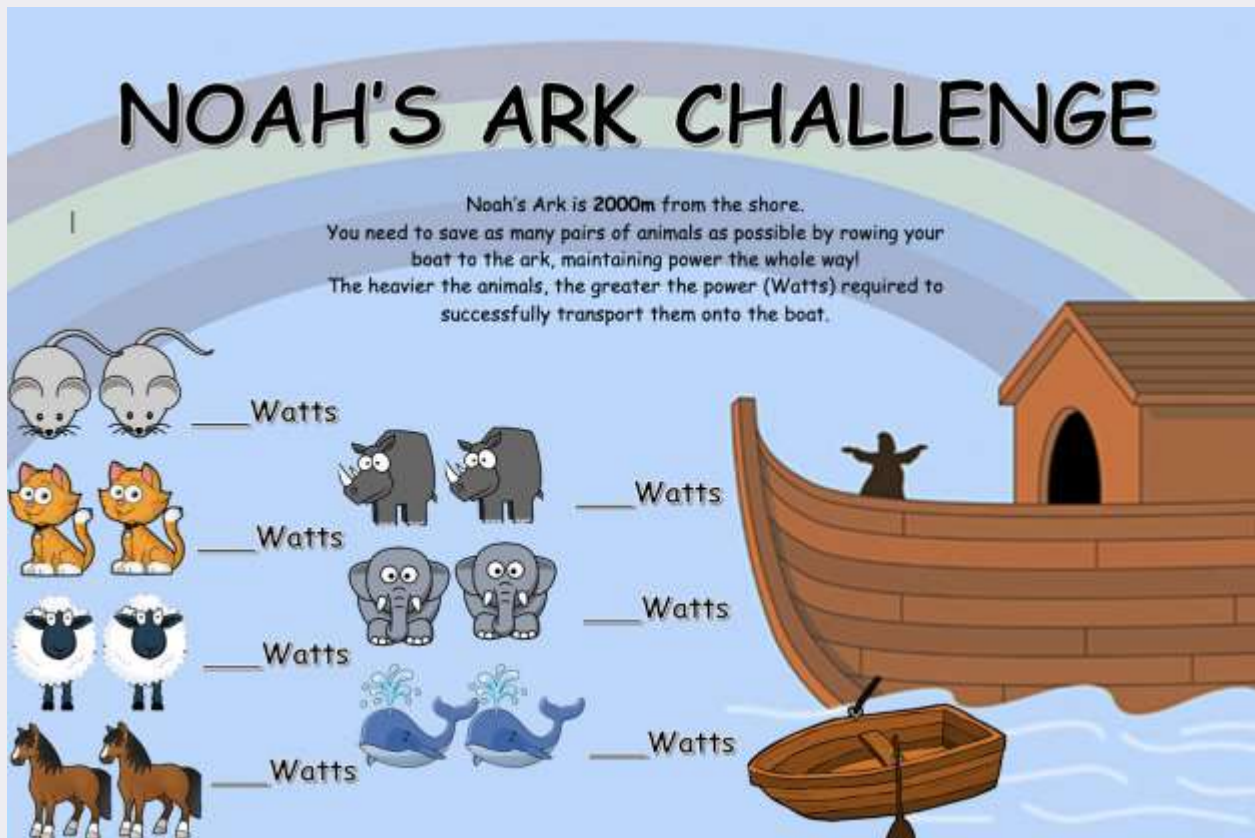
Noah's Ark

Motivators:

- Progressive & adaptable targets
- Can be a team challenge

NOAH'S ARK CHALLENGE

Noah's Ark is 2000m from the shore.
You need to save as many pairs of animals as possible by rowing your boat to the ark, maintaining power the whole way!
The heavier the animals, the greater the power (Watts) required to successfully transport them onto the boat.



The illustration shows a large wooden ark on the right with a figure of Noah on the deck. In the foreground, a small wooden rowing boat is on the water. To the left of the boat, there are four pairs of animals, each with a blank line and the word 'Watts' next to it, indicating a power requirement for transport:

- Two mice: ___ Watts
- Two cats: ___ Watts
- Two sheep: ___ Watts
- Two horses: ___ Watts
- Two rhinos: ___ Watts
- Two elephants: ___ Watts
- Two whales: ___ Watts

GAME Design

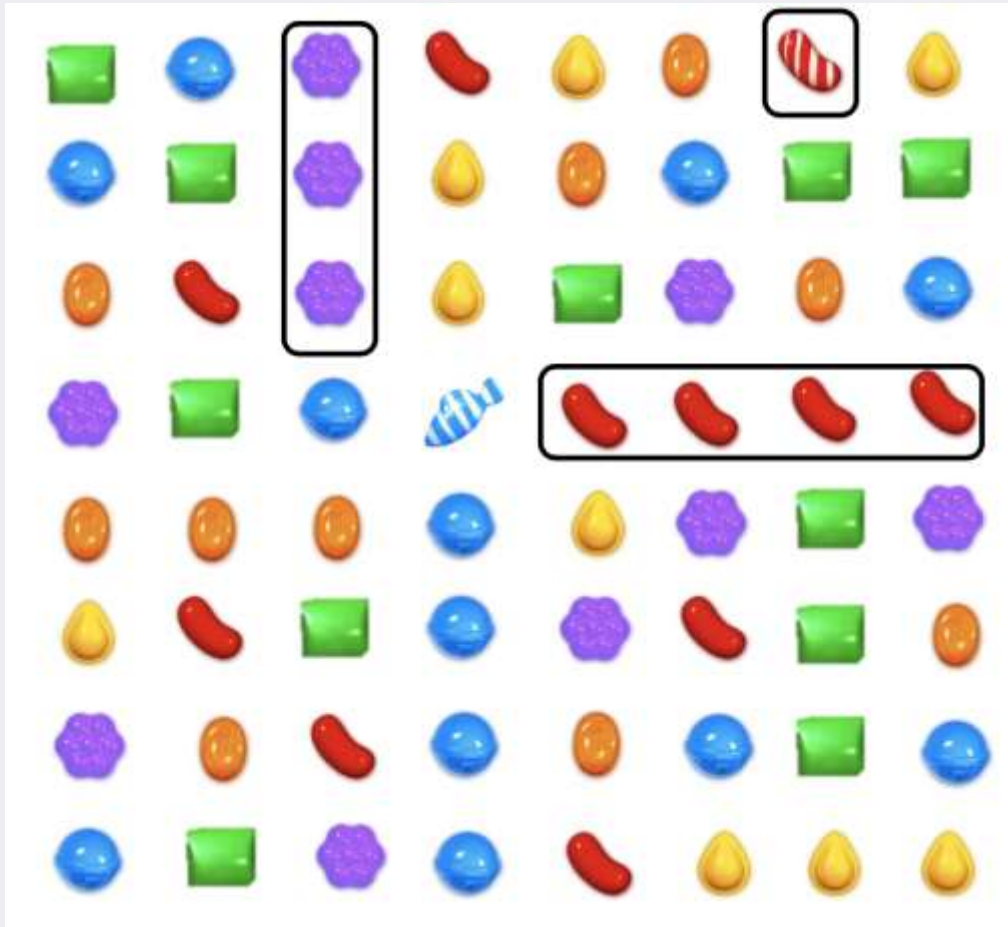
EQUIPMENT

How will the session be delivered?

- Social Media
- Conference apps
- Rowing machine
- Indoor vs Outdoor
- Tracking & Feedback



Candy Crush Circuit



Equipment:

- 6 separate items/machines
 - individualised exercises
1. Assign a piece of equipment to a candy
 2. complete exercises from top left, choose a forfeit/bonus for those with matching adjacent candy or striped candy

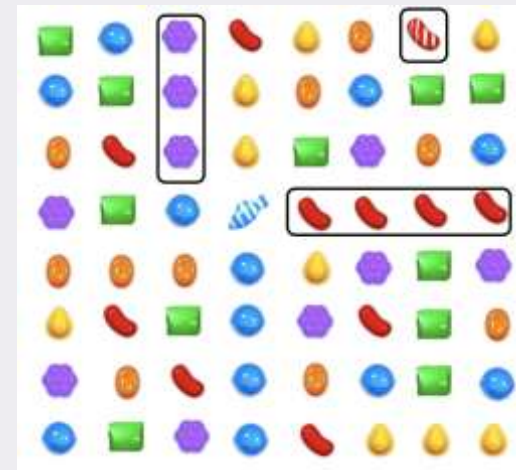
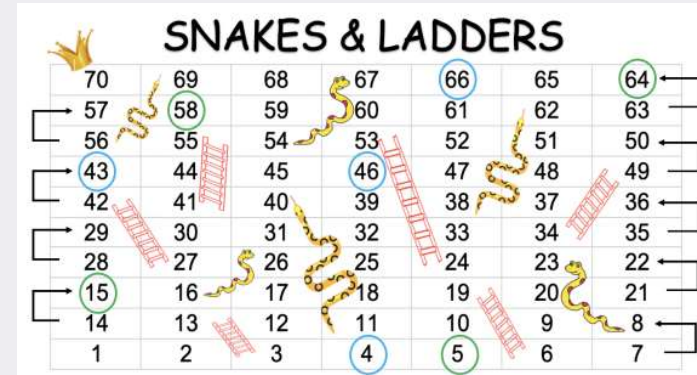
GAME Design

Goal

Achieve

Motivate

Equipment





Creating Circuits and Equipment

TEAMWORK | OPEN TO ALL | COMMITMENT

What is the goal?

- **Stay Active**
- **Maintain fitness**
- **Work on areas of weaknesses**

Equipment

How to make the most of household items!



Lunges



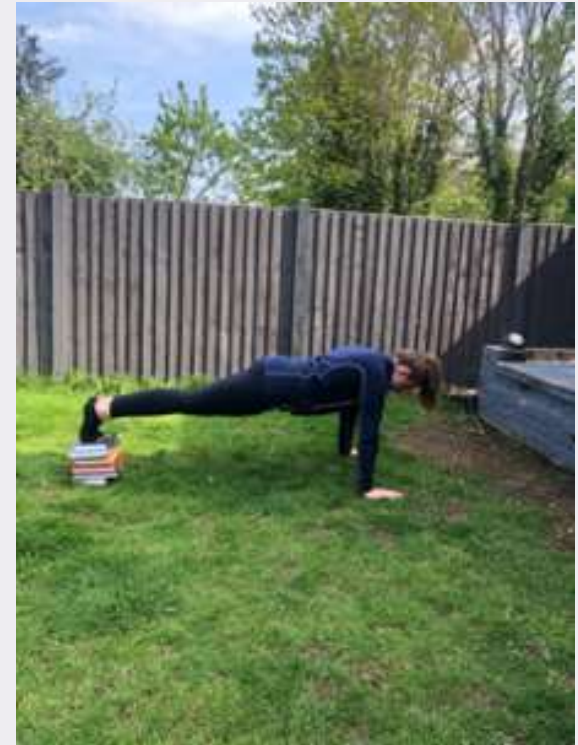
Bent Over Row



Incline press up



Decline press up





Bulgarian Split Squat



Step-ups



Overhead Press



Squat



Shoulder Mobility



Deadlift



Glute Bridge

Circuit variations

Here are some training variations that can be adapted to keep home training exciting whilst continuing to build fitness

HIIT

TABATA

EMOM

AMRAP



HIIT

High intensity interval training

HIIT training involves short bursts of intense exercise followed by equal or longer periods of rest. HIIT training does not usually last longer than 30 minutes.

Example:

10x1min sprints with 1min jog in between.

TABATA

$$20/10 \times 8 = 4$$

TABATA training is based on the equation $20/10 \times 8 = 4$. This breaks down into 20 seconds work followed by 10 seconds rest, this is repeated 8 times for four minutes of work.

Example:

- 1. Burpees*
- 2. Jump Lunges*
- 3. Air Squat*
- 4. Mountain Climber*
- 5. Scissor Kick*

20 seconds work 10 seconds rest for 4 minutes. Rest for 1 minute between each exercise for a 20 minute TABATA workout.

EMOM

Every minute on the minute

In an **EMOM** workout you perform a specific exercise at the start of every minute for a specific amount of time.

Example:

Minute 1: Press ups (12)

Minute 2: Burpees (15)

Minute 3: Plank shoulder tap (20)

Minute 4: Curtsy lunge (20)

Minute 5: Squat pulse (20)

Minute 6: Cycling (24)

Minute 7: Jump lunge (20)

Rest for 3 minutes in between sets. Repeat circuit 3 times.

AMRAP

As many reps as possible

The aim of an **AMRAP** workout is complete as many rounds of reps as possible in a certain amount of time.

Example:

- 1. Tricep dips x10*
- 2. Pike push ups x10*
- 3. V ups x10*
- 4. Burpee with push up x10*
- 5. Crunches x10*
- 6. Hip thrusts x10*

Set a timer for 15 minutes and see how many rounds you can complete. Keep a record and set yourself a goal to improve next time.

Games

Being creative with exercise games



Example 1: Card Game Circuit

Spades: Press up

Hearts: Jumping Jack

Clubs: Mountain Climber

Diamonds: Air Squats

Card 1-10: Reps of exercises

Jack: 11 reps

Queen: 12 Reps

King: 13 Reps

Ace: 10 burpees

Joker: All exercises 10 time (including burpees!)

Focus on weaknesses

Yoga/stretching/mobility



- How much do you usually think about mobility and flexibility as part of your usual training?
- Time now to think about how to make yourself the best athlete you can be.
- Focus on athleticism component of the rower development guide
 - Core stability
 - Flexibility
 - Movement patterns

https://www.rowhow.org/pluginfile.php/21098/mod_resource/content/8/Rower%20Development%20Guide%20v2%201042020.pdf

Example 2: Letter mobility



- A** 10 Side lunges
- B** 10 Squat to stand
- C** 20 Downdog walkouts
- D** 20 Arm circles (10 each way)
- E** Lunge with spinal twist (20 seconds each side)
- F** 10 Butterfly stretch
- G** 10 Squats
- H** 10 Front plank hip drop
- I** 12 Hip openers
- J** 20 Alternating superman laying down
- K** 20 feed the chickens
- L** 10 Scorpion back
- M** 20 Glute bridge
- N** 12 thread the needle
- O** 12 Walkouts
- P** 10 Arms over head sumo squat
- Q** 20 alternating supermans on all four
- R** 10 wide press up
- S** 10 scorpion front
- T** 10 Childs pose to upward dog
- U** 10 side plank crunches
- V** Front and backward wrist stretching
- W** 12 Lunge and twist
- X** 10 Cat Cow
- Y** I T W pulses (10 each)
- Z** 20 neck circles

Sustaining Club Community

- **Send out circuits**

- AMRAP
- Card game

- **Competitions**

- “How many burpees can you do in 90 seconds?”





Creating Motivation

TEAMWORK | OPEN TO ALL | COMMITMENT

Different ways to motivate (training)

Creative motivation for exercising from home



FaceTime/Webcam with a friend
Organise a group circuit session

Keep a training diary

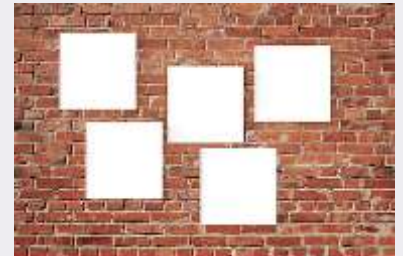
Find some challenges you can improve on



Video analysis

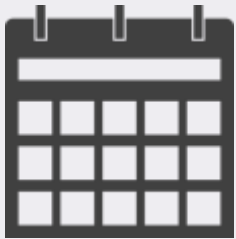


Training posters



Different ways to motivate (desk work)

Creative motivation for working from home



Set up your weekly calendar

Thing to do today planner

Listmoz - once you've done it, tick it off
<http://listmoz.com/#lpXhJPxkTMFbfdXgl>



Inspirational methods

Hourly exercises



Motivational space at home

How to achieve the optimal working conditions

Light

Sticking to working hours

Near a window

Desk and chair set correctly

Out of bedroom/
away from bed



Organised and tidy

Space for movement

Getting dressed



Creative Communication

TEAMWORK | OPEN TO ALL | COMMITMENT

Staying connected

Sustaining a club community

Take a photo of your **GAME** designs & non-sport sports equipment and tag us on twitter

#BRGetCreative

#StayInWorkOut

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#BRGetCreative

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Thank you

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Questions?

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