Who we are

Henley Royal Regatta Charitable Trust Coaches

Amy McCarthy - City of Sunderland RC

Jess Harris - Dorney Boat Club

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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
Find something you could use as a plyometrics box
Creating Games for Training
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

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Snakes & Ladders

How to achieve:
- Board game
- Team or Individual

1. In your teams, roll the die
2. Row ______ in 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
Noah’s Ark

Motivators:
- Progressive & adaptable targets
- Can be a team challenge
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

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Creating Circuits and Equipment
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

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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:

10x 1min sprints with 1min jog in between.
TABATA

20/10 x 8 = 4

TABATA training is based on the equation 20/10 x 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

Example 2: Letter mobility

A 10 Side lunges
B 10 Squat to stand
C 20 Down dog 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 1 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
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

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Motivational space at home

How to achieve the optimal working conditions

- **Light**
  - Near a window

- **Sticking to working hours**
  - Desk and chair set correctly
  - Organised and tidy

- **Space for movement**
  - Out of bedroom/away from bed

- **Getting dressed**
Creative Communication
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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Thank you
Questions?
Creative Ideas at Home
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