



BRITISHROWING

# Creative Strength Training

Questions and Answer Sheet

TEAMWORK | OPEN TO ALL | COMMITMENT



## Questions Unanswered on Webinar

In terms of 'end of season' rest periods what would you advise in terms of duration from an S&C perspective?

Data has shown negative impacts both in terms of physiology and strength following 2 weeks of training cessation. If looking to completely stop training I would minimise it to this, if looking to just reduce training, as outlined in the presentation, from a strength perspective qualities can be maintained with just one high intensity, highly specific session per week.

Please can you clarify the relationship between resistance training and cardio work and, if they both are done on the same day whether the resistance training should be done before or after?

To put simply without ruining the science, both forms of activity activate different physiological pathways within the body. The physiology pathway blocks the strength pathway, however the same doesn't happen in reverse. As such, it's advisable that there's as much rest between sessions as possible, especially after the strength session (>6h). Therefore, it could be suggested that performing the strength work last would allow for the adaptive pathway to be 'open' for longer.

In regards to working with Juniors and improving movement quality during this period. Are there any exercises you would suggest that we should be concentrating on (especially with juniors) when looking at improving movement quality in this lockdown environment?

Key movement patterns for me are: Squat, Hinge, Split Squat/Lunge, Crawl, Jump/Land, Push and Pull. All of these can be done with bodyweight only and all would be a focus as part of any athletic development programme. If you were to just pick a couple I'd really focus on Squat, Hinge and Crawl as this will incorporate hip, trunk and shoulder co-ordination and strength.

Any tips on how to get rowers to identify where they sit on the force velocity curve and how to improve this for rowing?

This would depend on the equipment available and the results, as well as requirements from the coach/boat etc. Probably too big a question to answer without more context.

How can exercises target different muscle fiber types?

Type 1 fibres are considered the 'slow-twitch' or highly resistant to fatigue, Type 2 fibres can be sub-classified to T2a and T2x, these are usually fatigued easier, have a higher threshold for activation and require more load or higher intensity. Therefore, it isn't exercise selection that would determine fibre type recruitment or adaptation but loading and programme structure.

## Questions Answered on Webinar

Link to video - <https://youtu.be/qsuxlG609xk>

Would you train speed, strength, power and hypertrophy together or program them as single characteristics?

How important is activating breathing patterns?

Any benefit to very high rep exercises, eg in the 100s?

Would you want athletes/participants to do multi joint movements as opposed to singular joint e.g. squats as opposed to a bicep curl - if so what would cite as the best exercises?

Some schools management classify strength and conditioning, which they think of as purely weight training as a very high risk activity and ban it - what is your thought on that?

You mentioned about using specific Erg strokes/pulls - could you give an example of that please?

Have you any more isometric exercises that are relevant to rowing? Do you feel that they should be included in most training programmes?