

# Rowing and Coaching Advice from an Olympic Oarsman: A Comprehensive Guide to Success

Rowing is a demanding sport that requires both physical and mental strength. To succeed at the highest level, rowers need to have excellent technique, a rigorous training regimen, and a strong mindset. They also need to be able to work effectively with their teammates and coaches.

In this comprehensive guide, Olympic oarsman and experienced coach Alex Gregory shares his insights on all aspects of rowing and coaching. Whether you're a beginner just starting out or a seasoned veteran looking to improve your performance, you'll find valuable information in this book.



## Another Power 10: Rowing and coaching advice from an Olympic oarsman by Fred Borchelt

★★★★★ 5 out of 5

Language : English  
File size : 3181 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 77 pages  
Lending : Enabled



## Part 1: Technique

The foundation of rowing success is good technique. In this section, Alex covers the basics of rowing, including:

- Grip
- Body position
- Stroke sequence
- Timing
- Power application

Alex also provides detailed instructions on how to improve your technique, including drills and exercises.

## **Part 2: Training**

Once you have a solid foundation in technique, you need to develop a training program that will help you reach your goals. In this section, Alex covers all aspects of training, including:

- Periodization
- Intensity
- Volume
- Recovery
- Nutrition

Alex also provides sample training plans for different levels of rowers.

## **Part 3: Motivation**

Motivation is essential for success in any sport. In this section, Alex shares his insights on how to stay motivated, including:

- Setting goals
- Visualizing success
- Positive self-talk
- Working with a team
- Overcoming setbacks

Alex also provides practical tips on how to stay motivated when the going gets tough.

#### **Part 4: Leadership**

For rowers and coaches who want to take their performance to the next level, leadership is essential. In this section, Alex covers all aspects of leadership, including:

- Communication
- Team building
- Motivation
- Decision-making
- Conflict resolution

Alex also provides practical tips on how to become a more effective leader.

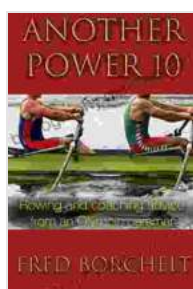
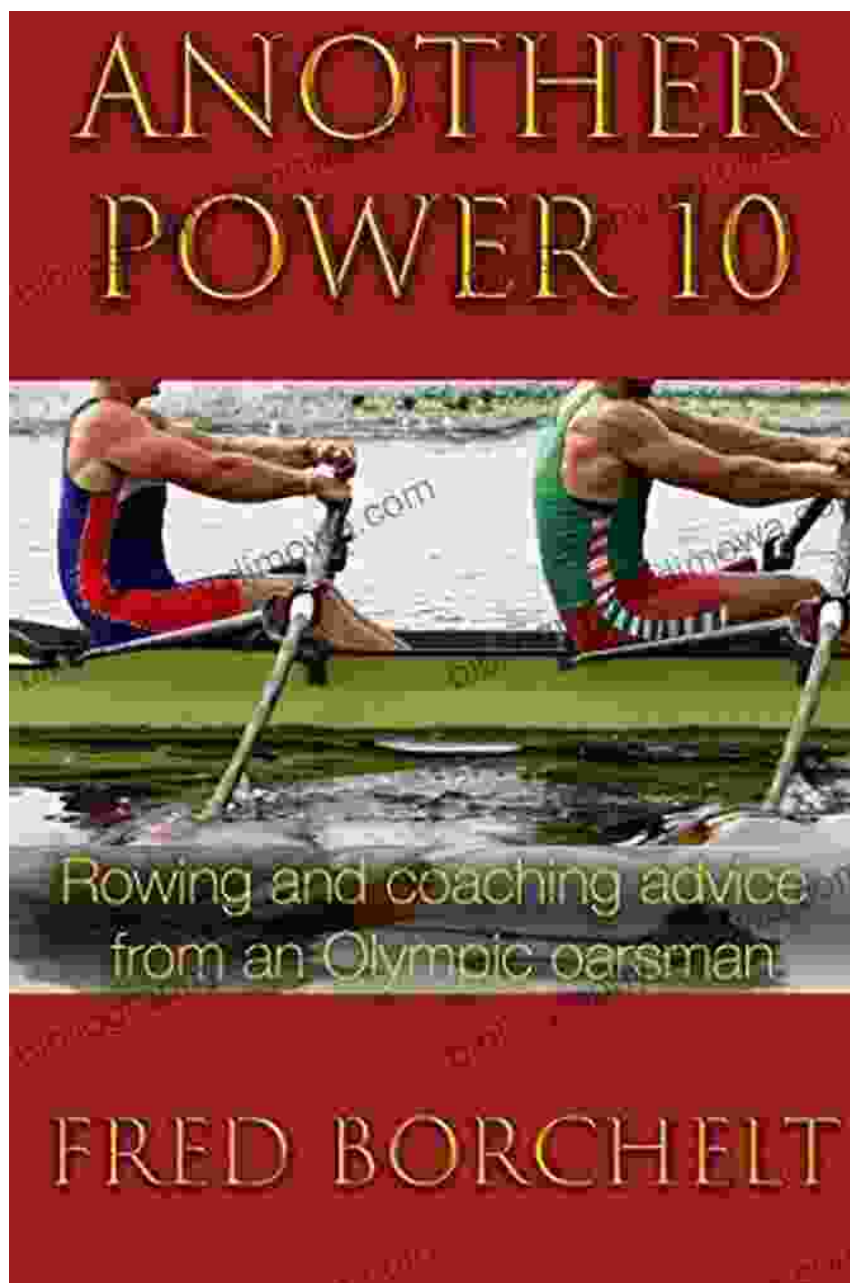
Rowing and Coaching Advice from an Olympic Oarsman is a comprehensive guide to success in the sport of rowing. Whether you're a beginner just starting out or a seasoned veteran looking to improve your performance, you'll find valuable information in this book. Alex Gregory shares his insights on all aspects of rowing and coaching, including technique, training, motivation, and leadership. With his guidance, you can reach your rowing goals and achieve success.

### **About the Author**

Alex Gregory is a British rower who won a gold medal in the men's coxless four at the 2012 Olympics. He also won a silver medal in the men's eight at the 2008 Olympics. Gregory is a world champion and multiple European champion. He retired from rowing in 2016 and now works as a coach.

### **Free Download Your Copy Today!**

Rowing and Coaching Advice from an Olympic Oarsman is available now from all major retailers. Free Download your copy today and start your journey to rowing success!



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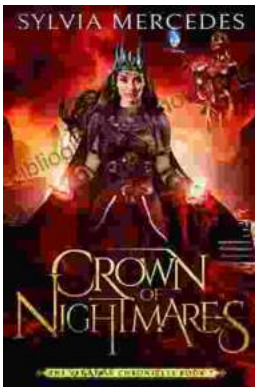
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