



2012 Rowing Off-Season Conditioning Program

SRQ Performance's off-season rowing specific conditioning program was designed using the latest research in both rowing and athletic performance to maximize effectiveness and safety. Each athlete will have an individualized program designed utilizing the results from a thorough evaluation process aimed to identify weakness and limitations in various aspects of fitness. Testing process includes: functional movement and posture screening; muscular strength, power, and endurance; cardiovascular endurance, flexibility, and more! Participants in our off-season program will **LEARN** about their bodies and how they are supposed to move and feel as they progress through a systematic 3-phase periodization model which will maximize program effectiveness and allow you to begin next rowing season healthy and physically and mentally prepared. Phases include:

1. Functional Movement

- The main goal of phase 1 is to address any preexisting overuse injuries and postural tightness or limitations which may have developed over the course of the season. Muscular and joint pain (especially in the knees, back, and shoulders) is very common in a repetitive sport like rowing. Stability and mobility exercises aimed at individual weaknesses are used in this phase to develop proper posture and movement patterns.

2. Functional Performance

- Once proper posture and the ability to move through fundamental movement patterns has been established the athlete will progress to functional performance. The main goal of phase 2 is to develop general muscular strength, power, and endurance and cardiovascular endurance while continuing to work on individual posture and movement limitations.

3. Sport Specific Performance

- The final phase consists of rowing specific strength and cardiovascular development. The main goal of this phase is to build a solid base of rowing specific conditioning which will allow you to report to the first day of practice next season healthy and physically prepared for the rigors of the competitive rowing season.



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Questions? Contact me today!

Individual Pricing

Single Session: \$65

6 Sessions: \$60/ea.

12 Sessions: \$55/ea.

24 Sessions: \$50/ea.

36 Sessions: \$45/ea.

Group Pricing

2 on 1: \$35 each per session

3 on 1: \$25 each per session

4 on 1: \$20 each per session

4+: Contact for prices

One Month Program Design

\$150: Includes 1 session and 30 day program