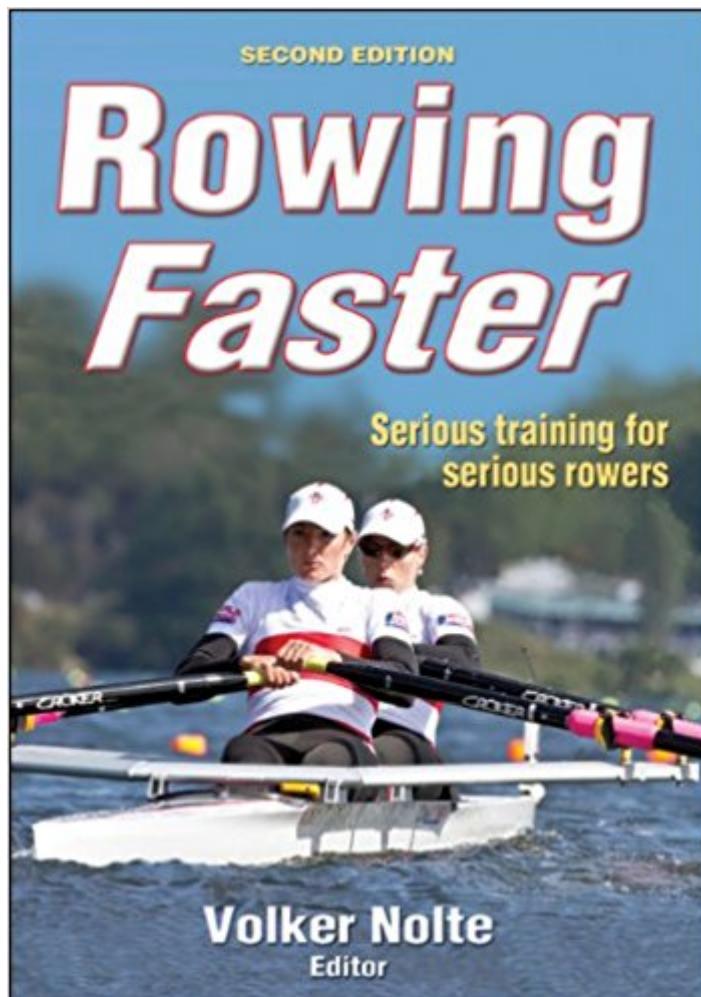


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# Rowing Faster - 2nd Edition



## Synopsis

Get a length up on the competition with cutting-edge technique, training, and racing information. Let the world's top coaches, rowers, and sport scientists steer you to ultimate success, starting with sound training and racing principles and adding increasingly advanced instruction and insights all the way to the finish. *Rowing Faster* is the most comprehensive and detailed guide for achieving excellence in the sport. You'll find techniques for mastering every phase of the stroke; training strategies for increasing strength and efficiency for maximizing speed; and tapering plans for peak performance at the highest levels of competition. With contributions from Olympic medalists and rowing experts from around the globe, *Rowing Faster* also includes the latest research on adaptive rowing, advice on managing a team, detailed plans for the long-term development of rowers, insights on training and competition for female rowers, and a look at the future of the sport from the general secretary of the FISA. From the technical details of equipment and training to classifications of boats and rowers, *Rowing Faster* has it all. Offering a truly global perspective and authoritative coverage of the sport, it is the one guide that every serious rower and coach should own.

## Book Information

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## Customer Reviews

"Volker Nolte provides a blueprint for success in our sport. *Rowing Faster* is a must-read for all rowing coaches, from novice to elite." -- Mike Teti, Head Coach, Men's Rowing, University of California at Berkeley "Rowing Faster is the book that I needed when training and

competing in order to understand the theories behind the regimens and routines. Incredibly, Volker Nolte manages to capture not only the sport of rowing but also the elusive qualities of the art of rowing. -- Kathleen Heddle, Three-Time Olympic Gold Medalist

Volker Nolte is director of the rowing program and assistant professor at the University of Western Ontario, where he teaches coaching and biomechanics. Since 1993, he has led his men's rowing team to 10 Ontario University Athletics Championships and three Canadian University Championships. In 2008, his university crew won the German University Championships and the Temple Challenge Cup at the famous Henley Royal Regatta in England. He was the lightweight men's national team coach with the German Rowing Association from 1984 to 1990 and with Rowing Canada from 1992 to 2000. His national team crews won an Olympic silver medal at the 1996 Atlanta Games, two world championship titles in 1993 and 2000, and several medals at recent world championships. Nolte received both a physical education diploma (1976) and a civil engineering diploma (1979) from the University of Saarbrücken in Germany and a PhD (1984) in biomechanics from the German University of Sport Sciences in Cologne. Nolte is an internationally acknowledged expert in biomechanics. He presents frequently at scientific and coaching education conferences worldwide with his research focusing on coaching and biomechanics of high-performance sport, especially rowing. He is also a distinguished researcher in the field of sport equipment. His research has produced many papers in refereed journals and articles in various publications. Nolte is an experienced rower, representing his home country of Germany at several world championships. He is still a keen competitor in masters events and lives in London, Ontario, Canada.

Bible

Great articles on all topics rowing!

This book is a collection of about thirty articles covering many aspects of rowing at an elite level written by scientists, coaches, and athletes (most of whom are now coaches) with vast experience and accomplishments in rowing. The sections of the book are The Philosophy of Rowing, Long-Term Athlete Development, Rowing Science, Training in Rowing, Racing, and The Future of Rowing. While good to elite rowers will find some of the articles interesting, the book is geared towards coaches wanting to get the most out of their athletes. Some of the topics are coaching

philosophy, long-term athlete development, understanding how athletes learn, rowing physiology and biomechanics, strength training, nutrition, the psychology of rowing, how to select athletes, racing and tapering for races, boat setup, and the future of rowing. Almost all of the articles evidence some or all of the following shortcomings: have minimal context, are largely an overview and seem incomplete, cram too much technical information in too short of a space, etc. While the articles are often interesting, because of the brevity, incompleteness, and complexities, it is not clear how to practically use the information. It is doubtful that a good rower could take this book and put him- or herself on a path to being a faster rower.

Superb footnoted scientific review of all aspects of rowing. Very useful for coaches and high performance athletes.

Well developed ideas things to consider to improve boat speed.

Really informative with specific information such as physiology and weights training. Have to separate some of the information which isn't really relevant to me, but well set out to make it easier to do so.

informative, a necessity

Excellent information for competitive rowers!

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