

SECOND EDITION

Rowing Faster

**Serious training for
serious rowers**



Volker Nolte
Editor

Rowing Faster Volker Nolte

Scott C. Dulebohn



Rowing Faster Volker Nolte:

Rowing Faster Volker Nolte, 2005 Successful coaches and world class rowers come together to present the techniques training methods and racing strategies that make rowers faster and more efficient in the water Original **Rowing News**, 2005-09 Rowing Science Volker Nolte, 2023-06-08 Rowing Science explains and applies up to date scientific research across all aspects of the sport to optimize rowing skills and performance making it essential reading for serious rowers coaches and rowing scientists **Rowing Faster-2nd Edition** Volker Nolte, 2011 Voted the most read book by the International Rowing Association Rowing Faster achieved unparalleled success Gold medal coaches championship athletes and top scientists have infused the latest scientific training and racing principles into this edition It is required reading for rowers and coaches Rowing News, 1998-05-23 Rowing News, 2006-10 **Masters Rowing** Volker Nolte, Wolfgang Fritsch, 2021-04-01 As the popularity of rowing in mid to late adulthood has grown so too has the number of rowing club members and participants in regattas increased Rowing attracts not only former racing rowers who return to rowing for fitness health and competition but also the many late and lateral entrants who are perhaps competing for the first time This growing interest in the sport makes it even more important to provide instruction for these masters rowers Masters Rowing caters to interested beginners learning the sport and adapting their boating equipment as well as to ambitious masters rowers looking to improve their technique Within this book the reader will find tips for fitness training and hints for competition In addition the reader will understand the theoretical basics of training and performance development of active but older rowers Coaches of masters rowers will also be able to take the information in this book and apply it to their athletes training Furthermore all training information provided is backed by scientific specialist research With Masters Rowing readers will be able to increase their fitness and hone their skills to compete at their best **Rowing News**, 2005-04 **Rowing News**, 2004-10 **Rowing News**, 2003-04-20

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