

Stony Brook Crew

Breath Control

A large, solid dark red shape that starts as a thin line at the bottom left and expands diagonally upwards to the right, filling the bottom right portion of the slide.

Single Breath Per Stroke Technique

When using the single-breath-per-stroke technique, rowers take one breath per full stroke cycle, consisting of both the recovery and the drive phases of the stroke.

Inhale:

Inhale deeply through the nose during the recovery phase of the stroke. This typically occurs as the rower slides forward to prepare for the next drive.

Exhale:

Exhale steadily and fully during the drive phase of the stroke, which includes the catch (when the oar enters the water) and the power phase when the rower pushes off with their legs.

Advantages:

- This technique promotes a consistent rhythm in rowing strokes.
- It can help rowers maintain steady breathing and manage oxygen efficiently.

Implementation:

- Start by inhaling as you approach the catch position.
- Exhale gradually as you initiate the drive with your legs, maintaining steady exhalation throughout the power phase.
- Repeat this pattern with each stroke, synchronizing your breathing with the rowing motion.

Double Breath Per Stroke Technique

With the double-breath-per-stroke technique, rowers take two breaths per full stroke cycle, inhaling and exhaling during specific phases of the stroke.

Inhale:

Inhale through the nose during the first half of the recovery phase. This occurs as the rower slides forward.

Exhale:

Exhale through the mouth or nose during the second half of the recovery phase. This occurs as the rower prepares to push off for the drive phase.

- **Inhale (again):** Inhale again as the rower approaches the catch position.

- **Exhale (again):** Exhale during the drive phase, particularly during the leg push and power phase.

Advantages:

- This technique can provide rowers with more frequent and shorter breaths.
- It can offer a smoother transition between inhaling and exhaling and may suit rowers who prefer this rhythm.

Implementation:

- Begin by inhaling as you begin the recovery phase, focusing on the first half of the recovery.
- Continue to exhale as you complete the recovery phase, preparing for the drive.
- Inhale again as you approach the catch position.
- Exhale during the drive phase, paying attention to exhalation during the power phase when you push off with your legs.

Which to Use?

The choice between single and double breath per stroke techniques often depends on individual preference, comfort, and the rhythm that best suits a rower's style and breathing capacity. Experiment with both techniques to determine which one enhances your rowing performance and overall experience.