## Stony Brook Crew

Name Week #24

Weekly Focus

Name
Initiating the Leg Drive: - Strong connection between your feet and the foot stretcher

SB Rec Center

2024 SPRING

Leg Muscle Engagement:-Quadriceps, hamstrings, and glutes.
Lengthening the Stroke:- Aim for a full leg extension to maximize the length of your power application, propelling the boat further with each stroke.

		Workout	Intensity
Monday	U1	4x10'/2'Rest	20spm @ Medium
Tuesday	ΑT	2x15'(5,4,3,2,1)/5'Rest	22,2430spm @ Med-Hard
Wednesday	U1	3x15'(4,3,2,1,24)/3'Rest	18,20,22,24,2218spm @ Medium
Thursday	T2	3x(4x(250on/250off))/2'Rest	28-30spm @ Hard
Friday	T1	3x6′(3,2,1)	24,26,28 @ Med-Hard
Weekend	U2	Run/Row/Bike 2x40'	Easy

## **Extra Credit**

The Difference between Winning and Succeeding - John Wooden

Correct Rowing Technique - Concept2 Australia

Stony	<b>Brook</b>	Crew
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SB Rec Center	Key Dates

6:00 - Arrive & Prep Ergs 2/13, 3/5 - 6k Benchmark Test

6:15 - Warmup 3/7, 3/28.4/12 - 2x2k Benchmark Test

6:25 - Workout 3/9-3/16 - Spring Break Lake Lure, NC

7:15 - Cooldown/Stretch 4/20 - NYS Collegiate Championship

7:30 - End Practice 4/27 - Metropolitan Championships

## Port Jeff Harbor

5:15 - Arrive & Warmup

5:30 -Hands on Boats

5:45 - Boats Launched/Pre-Row

6:00 - Workout

7:15 - Boats in Racks

7:30 - End Practice

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

- John Wooden