

Stony Brook Crew

Winter Workouts



Winter Strength and Conditioning Plan

As we transition from the academic rigors of finals towards the upcoming rowing season, our focus shifts to maintaining and elevating our fitness levels. This off-season period is crucial for building strength, enhancing endurance, and refining technique to ensure peak performance when we return in late January.

Our winter training plan is designed to optimize your physical capabilities, promote injury prevention, and to prepare ourselves for the challenges ahead.

Commitment and consistency are key during this phase. Remember, each effort you put in during these winter months will contribute significantly to our success when the season resumes.

Pre-Workout Dynamic Stretching

Jog w/ Arm Circles

Frankensteins

Leg Cradle

Toe Touches

Knee Hug Lunge

Lunge w/ a Twist

High Knee Jog

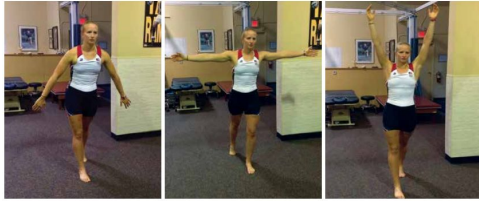
Butt Kickers

Open the Gate - Hip Opening

Dynamic stretching serves as a pivotal warm-up technique designed to actively prepare your body for physical activity. Unlike static stretching, these dynamic movements help raise your core temperature, enhance blood flow to muscles, and stimulate your nervous system, all of which are crucial for optimal performance. By engaging in controlled, repetitive motions that mimic the movements of rowing, dynamic stretching primes your muscles, tendons, and ligaments, improving their elasticity and range of motion. This not only reduces the risk of injury but also optimizes your body's readiness for the demands of your workout.

Dynamic Stretching

Jog w/ Arm Circles



Toe Touches



High Knees



Frankensteins



Knee Hug Lunge



Butt Kickers



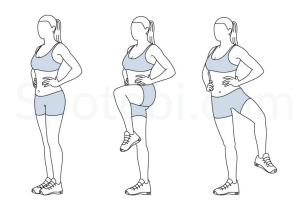
Leg Cradles



Lunge w/ a Twist



Open the Gate



Stability & Flexibility Circuit

3 Sets

Prone Hold	2 x 1' hold
Side Hold	1' hold /side
Hip Rotation	6 x 6" hold /side
Bridging	6 x 6" hold
Warrior Pose	2 x 15" hold /side
Calf Stretch	6 x 6" hold /side
Plank w/ Rotation	2 x 30" hold /side
Inchworm Plank	2 x 30" hold
Reverse Bridge w/Hip Flex	2 x 30" hold /side

Rowing demands a unique blend of power and finesse, where stability forms the bedrock for robust strokes, while flexibility ensures seamless and efficient movements. This workout targets specific muscle groups crucial for rowers. By focusing on core strength, balance, and flexibility, this circuit aims to fortify your body, enhancing your capabilities on the water.

Stability & Flexibility Circuit

Prone Hold



Bridging



Plank w/ Rotation



Side Hold



Warrior Pose



Inchworm Plank



Hip Rotation



Calf Stretch



Reverse Bridge w/ Hip Flex



Max Strength Improvement

4 Sets

- Power Clean** 2 x 1' hold
- Back Squat** 1' hold /side
- Bench Pull** 6 x 6" hold /side
- Deadlift** 6 x 6" hold

Use 75% of your max weight
for each exercise.
Completing four sets should
be difficult.

Power Clean



Bench Pull



Back Squat



Deadlift

- 1 Lumbar curve maintained
- 2 Weight on heels
- 3 Shoulders slightly in front of bar
- 4 Hips & shoulders rise at same rate until bar passes knees
- 5 Bar stays in contact with legs throughout the movement
- 6 At the top the hip is completely open and knees are straight



Total Body Circuit

10 Reps 3 Sets

Jumping Jacks

Mountain Climbers

Sumo Squats

Bird Dogs

Lying Leg Lifts

Pushups

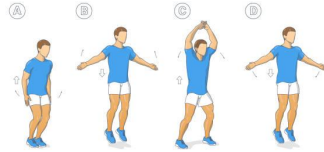
Windshield Wiper

Superman

Bridge Raises

Jumping Jacks

JUMPING JACKS



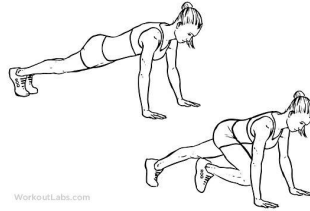
Bird Dogs



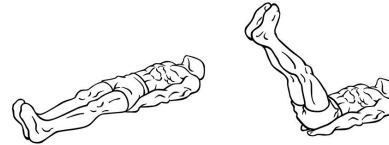
Windshield Wiper



Mountain Climbers



Lying Leg Lifts



Superman



Sumo Squats



Pushups



Bridge Raises

