

Boat acceleration on the recovery is caused by the athlete pulling the footsops towards their body's centre of mass (COM) as they move from the finish position (feather) to the catch. Recovery Peak Speed is the percentage of the recovery time (feather to full reach) that the boat takes to achieve peak speed (feather to boat peak speed). In the graph below, time to peak speed is 62.1% of the total recovery time.

7 Recovery Peak Speed (% of Rec) **62.1%** percent time on recovery to peak spd. $(\text{peak-feather})/(\text{fullreach2-feather})$

Purcerverance Boat Speed Curve Sheet – Recovery Peak Speed

The greater the percentage of time to peak speed, the longer the boat is accelerating on the recovery. Longer acceleration times result in higher rates and increased boat speed.

Coaching

- The goal is to accelerate the boat as long as possible on the recovery and minimize the time the boat is in negative acceleration.
- At lower rates, the athlete must start slowly and accelerate gradually to maintain acceleration.
- The coach should understand that pulling the footstops to the athlete's COM at a constant speed will slow the boat.
- Slowing down early to prepare for the next catch will cause the boat to decelerate, shortening the time and distance that the boat surges forward on the recovery.
- The athlete's skill at the catch must be developed in conjunction with accelerated movement into the catch position. Delays in the catch will increase Deceleration Time and reduce the overall boat speed.

Drills:

The recovery drills relate to many of the recovery factors.

- Zero to one hundred speed on recovery
- Pause one with an emphasis on acceleration
- Long pause one, followed by quick recovery acceleration (Australian recovery).
- Rowing feeling the pull on the shoes from the toes
- GPS SpeedCoach split comparison – regular strokes to pulling of footstop strokes (compare split).
- Cut the cake, starting slow and accelerating with good simultaneous (legs/torso/arms) movement.

