

# Deceleration Time

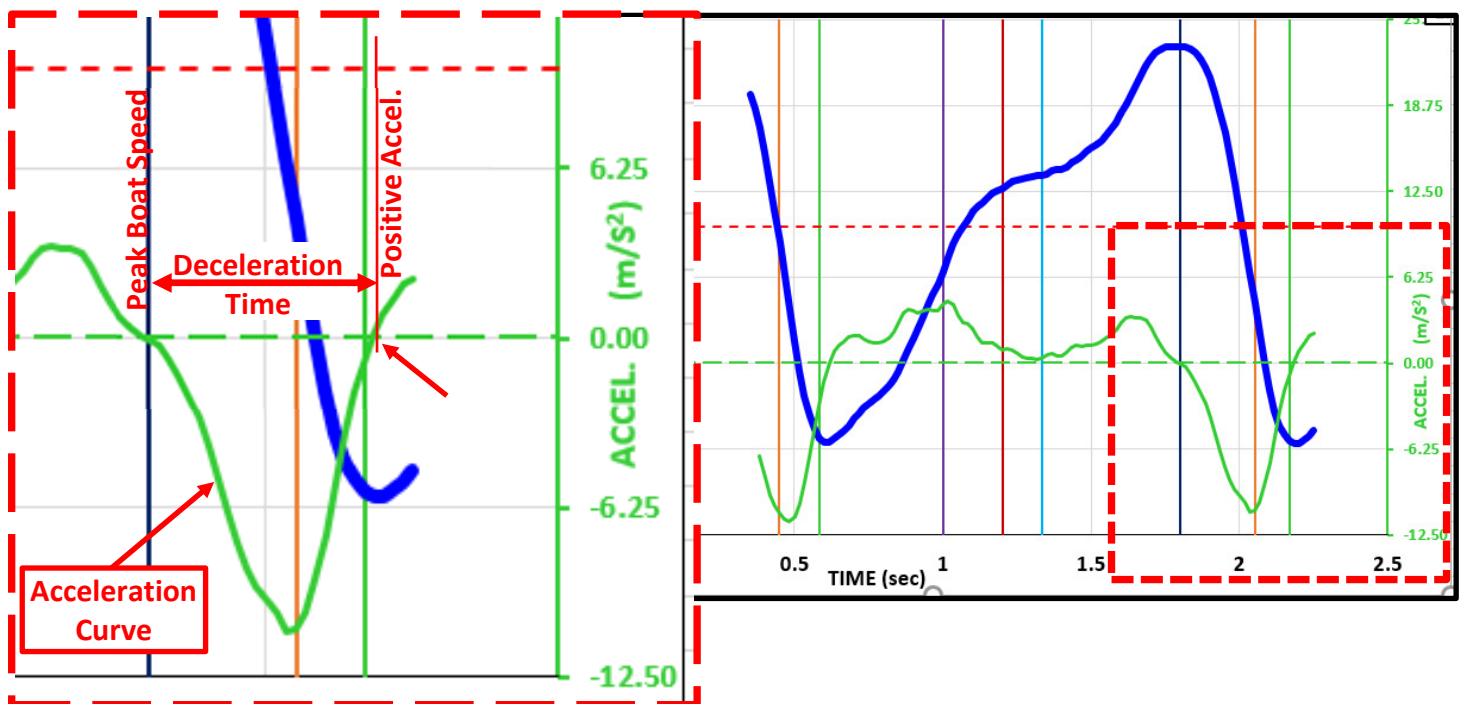
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Deceleration Time is the length of time the boat is in negative acceleration following peak speed during the recovery. **Minimizing this time is a critical factor of performance** and requires the technical skill to accelerate the footstops towards the seat on the approach to the catch. Deceleration Time extends through the recovery and the drive phases as peak negative acceleration corresponds with the full reach position. In the first part of Deceleration Time, the boat slows following peak speed (Deceleration). Deceleration Time ends near the point the blade reaches full blade bury at the end of Entry Efficiency as the boat achieves positive acceleration.

<sup>9</sup> Deceleration Time (sec.)	<b>0.48</b>	time boat is in negative acceleration following peak speed.	<b>0.42</b>
Deceleration Time % of Stk Cycle	<b>24.1%</b>	Deceleration Time as percentage of entire stroke cycle time	<b>25.0%</b>

*Purcerverance Boat Speed Curve Sheet – Deceleration Time factor and percent of the time of total stroke*

The above information is part of the Purcerverance Boat Speed Analysis Sheet. In this example, 0.35 seconds represents the measured time the boat acceleration is negative following peak speed, also shown below. The 19.6% value represents the portion of the entire stroke cycle for the deceleration time.



## Coaching:

- Quick transition through negative acceleration is a skill that must be practiced at lower and higher rates.
- The deceleration time is another way to measure the athlete's ability to accelerate the boat on recovery.
- A longer recovery time at lower rates requires athletes to start slower out of the finish position to allow continued acceleration during the recovery towards the catch.

## Drills:

- Zero to one hundred speed on recovery into the catch.
- Pause one with an emphasis on acceleration to catch. Long pause with race recovery (Australian).
- Pause one, moving slowly to pause two, followed by a controlled acceleration to catch.
- 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.
- Review deceleration and entry efficiency technique factors for more information and additional drills.