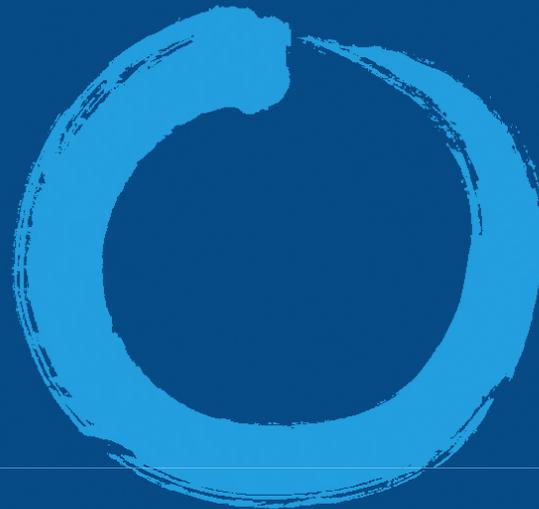


*2012*  
***world  
rowing***

*Limerick, Ireland*



*coaches  
conference*

# German Rowing

The story behind the M8+ and M4x



**Ralf Holtmeyer**

**Germany**  
**M8+ / M4x**



**Marcus Schwarzrock**

## Agenda

- The structure of German Rowing I
- A recap of the M8+ M4x: *structure and tradition*
- The boats in detail
  - M8+ *instinct*
  - M4x *analysis*
- The structure of German Rowing II
- The Essence

# German Rowing

## The story behind the M8+ and M4x

### Great History concerning Success in Rowing:

- **Men's Eight ( Adam + Holtmeyer)**
- **Sculling Program = Kolbe – Lange – Hacker**
- **Women's Sculling = continuously medalling at the OG**

### High Performance Principles / Science Support

- **Training Center Structure**
- **Many Clubs are performance oriented**
- **Universities / FES / IAT**

### Coaches in Rowing

- **Training Center ( 12 ft coaches)**
- **+20 Coaches in Development**
- **+Club Coaches**

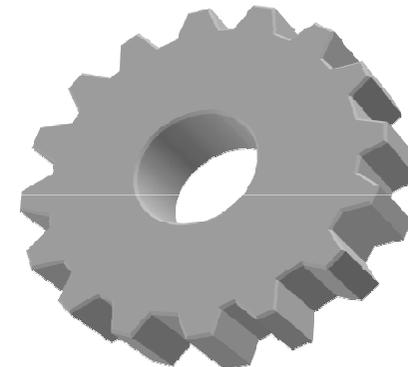
### Established Development Program

- **Clubs / Recruiting**
- **U 19**
- **U 23**

### Financial Supportsystem

- **To be discussed**

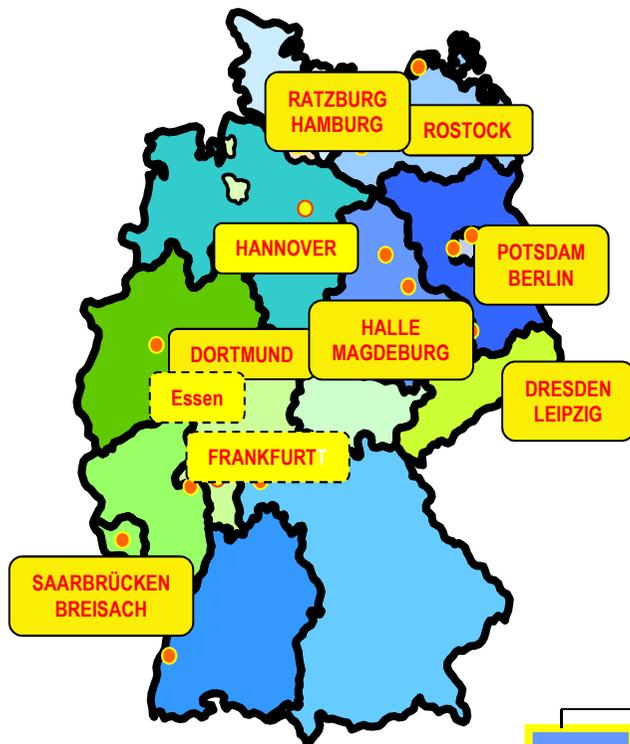
## Tradition and System



# German Rowing

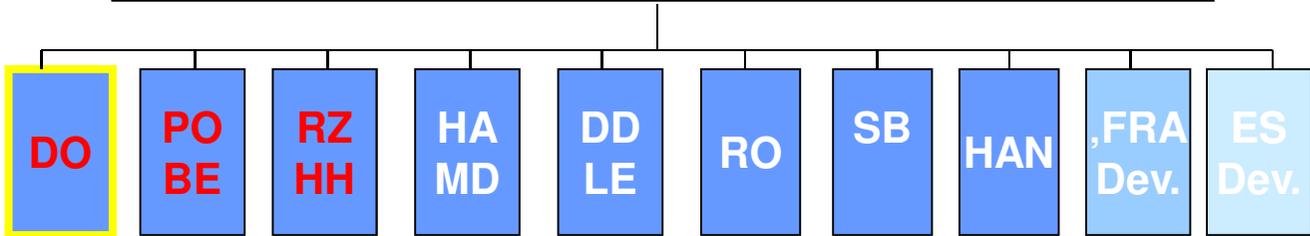
The story behind the M8+ and M4x

## The background to success



10 bases  
14 sites

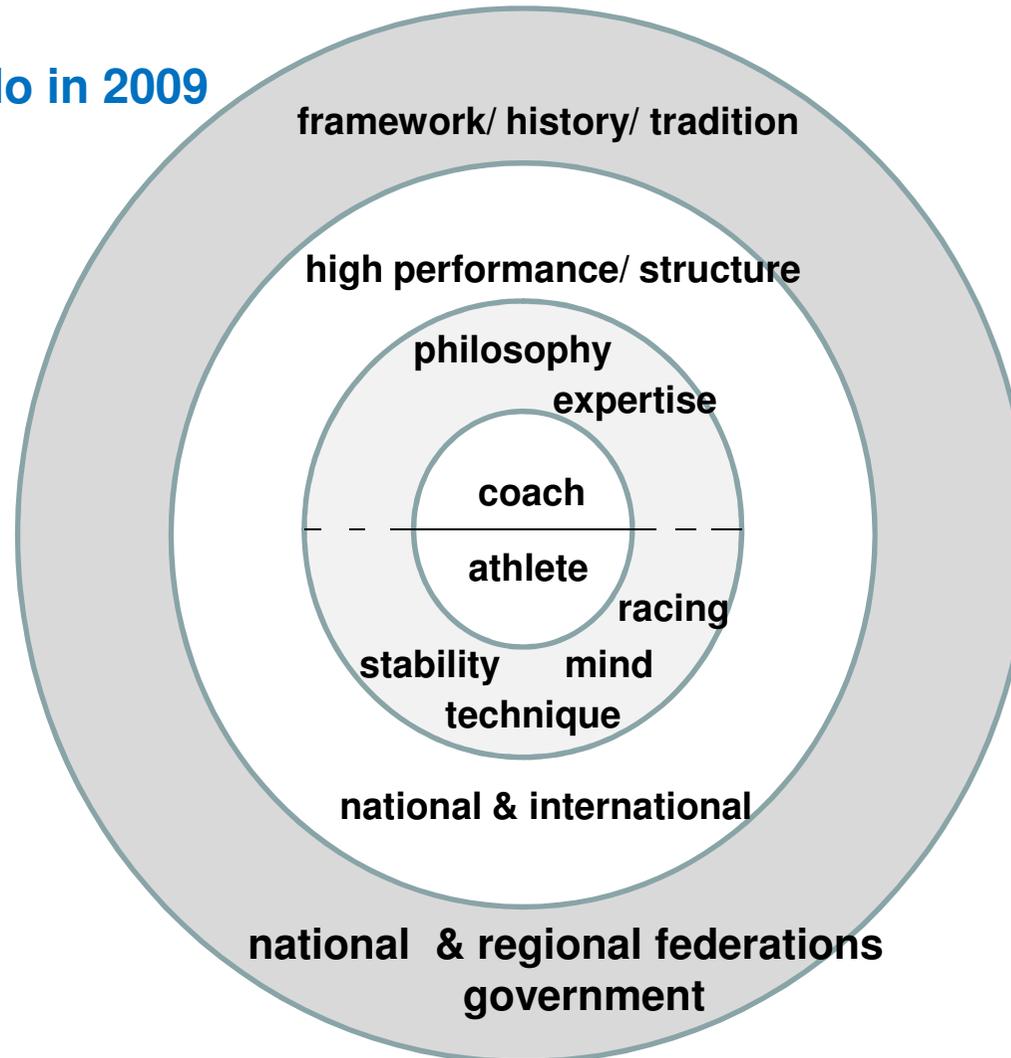
## Training Center Structure 2009-12



# German Rowing

The story behind the M8+ and M4x

## What we set out to do in 2009



# German Rowing

The story behind the M8+ and M4x



## The German Structure

M8+

# German Rowing

## The story behind the M8+ and M4x

### History and Motivation

#### M8+

- 1988 Olympic Gold Medalist
- 1992 Olympic Bronze Medalist
- 1996 Olympic Silver Medalist

#### 2008 Dismantle the German Eight

- 2009 World Champion
- 2010 World Champion
- 2011 World Champion
- 2012 Olympic Gold Medalist



# German Rowing

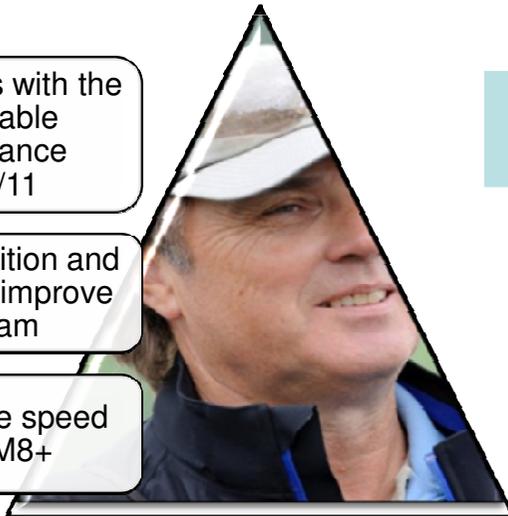
## The story behind the M8+ and M4x

### What they set out to do in 2009

find athletes with the most stable performance  
09/10/11

use competition and success to improve the team

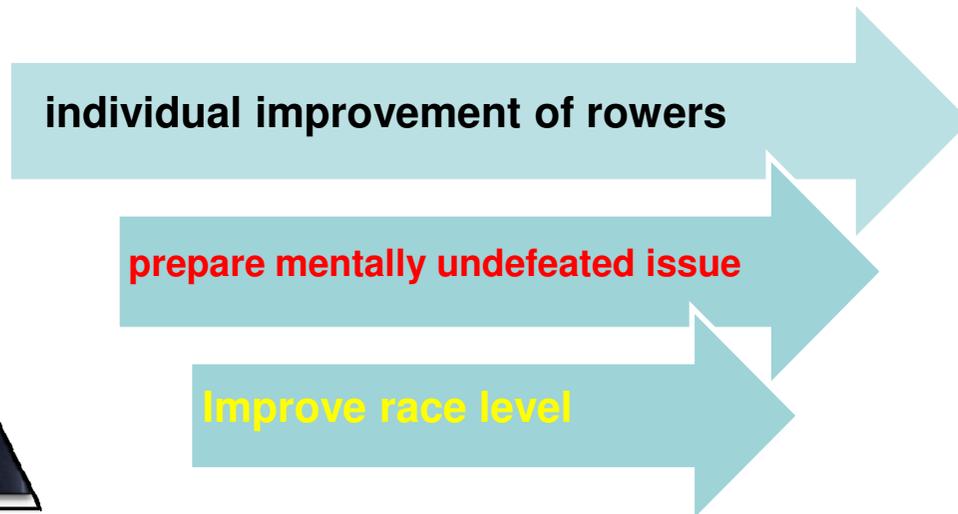
improve the speed of the M8+



**individual improvement of rowers**

**prepare mentally undefeated issue**

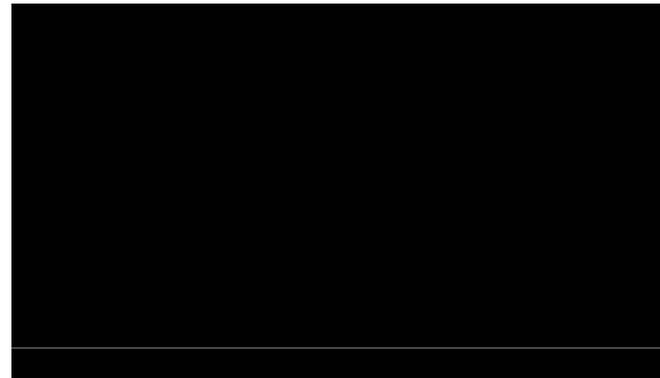
**improve race level**



# German Rowing

## The story behind the M8+ and M4x

### Selection of - Big Boats -



Pair

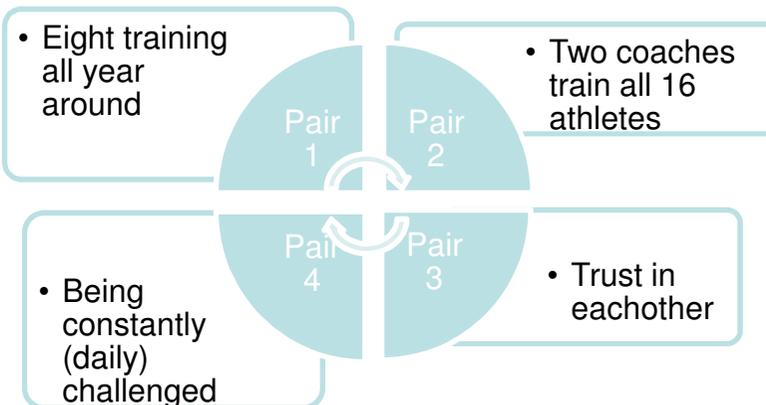
Ergo

Aerobe P.

Technique  
Small boat  
versus big boat

Mental Strength  
Training / Racing

= Big Boat



# German Rowing

## The story behind the M8+ and M4x

### Selection of - Big Boats -



M2- test 2009:  
1-6: Ø 87,88%

M2- test 2010:  
1-6: Ø 91,64%

M2- test 2011:  
1-6: Ø 92,97%

M2- test 2012:  
1-6: Ø 94,87%

3% increase in erg time

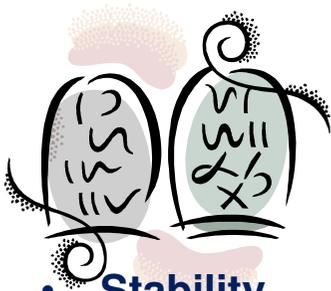
8% increase in watts

A typical Olympic preparation	TC	WC 2012	Test	TC Dec	TC Jan	TC Mar	Test	Test	Test	WC I
	M8+	M8+	M2-	25 h 200 km M2-	22 h 180 km M4- M8+	22 h 180 km M2-	M2-	M2-	M2-	M8+

# German Rowing

## The story behind the M8+ and M4x

### What they did



- **Stability**
- **Racing**
- **Technique**
- **Mind**

2009 8 athletes based on pairs	2010 2 new athletes 6 remain	2011 2 further athletes 4 remain	2012 balanced boat with 50% change to '09
<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Finding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Molding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Unfolding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Pool of athletes</li> <li>• Permanent training</li> <li>• Honing talent</li> </ul>
Poznan: 6:00,98	Karapiro: 5:58,73	Bled: 5:53,88	London: 5:51,5

# German Rowing

## The story behind the M8+ and M4x

### Pressure: a major factor

#### Men's Eight - Heats

The "big boat," the Men's Eight will not disappoint for great racing this year. The storylines are numerous: Germany, the favorites, is undefeated in 34 races since Beijing. Great Britain has paced the Germans this season and will be looking to pounce on home waters. Canada, the 2008 Olympic champions, have had a quiet few years but punctuated their comeback season this year with a new world record time at the World Cup stop in Lucerne earlier this summer. Australia has looked strong this year, and should be



# German Rowing

## The story behind the M8+ and M4x



### **M8+**

- It's impressive to train for a particular moment
- It's an achievement to train for every moment
- For four years ! In good health ! *Medical staff !*