

DECEMBER 2007

It's DEFINITELY last chance time. The docks are coming out in a few weeks and there have been ice sightings on the river. If you're going out, be smart and safe and let someone know when you plan on returning with a cell phone call.

ANNUAL THANKSGIVING ROW

What a beautiful morning for a row! We had 2 8's out to the beacon and back. A spirited game of leapfrog ensued on the way home made for some great calorie deficit for later in the day. Long lost member Rob Slocum happened by and was ushered into one boat. Charles and Phil volunteered for coxing duties. We're not sure which one slowed their boat down more ☺.

Hopefully everyone had a great holiday!

ADULT PROGRAMS/WINTER TRAINING

All programs are indoors now until the Spring. Tank time is being evaluated so watch for more postings later. Tank visits will start in January and will be at Iona College this year. Their tank also sets up for sculling and is a tad closer to home.

Indoor training is starting well. We're up to 15-17 members each morning and can handle more! Come stay fit over the Winter at the Senior Center.

For those that need a reminder, all members have access to this facility at anytime. Please park in the lower parking lot and use the downstairs entrance. This is where our lockbox is located (1986). Make sure you replace the keys once you've opened the doors, otherwise no one else can get in while you're working out. THIS IS THE ONLY SET OF KEYS THE CITY HAS GIVEN US! Do NOT prop the door open. That is unsafe and unwise. As you go up the stairs, the weight room is on your right and the large room with the ergs is on your left. During the day or during Center Class times, there are ergs available in the wt. room.

Program members have organized practice at the usual times. Non-program members are welcome at these times but if there's a question of equipment usage, program members have priority. If you want to join a class for erging or weight lifting, it's \$15 session. There will be a 60 min. core training class each Tuesday morning starting after Thanksgiving and going until March.

Any abuse of this facility will result in us being homeless for the winter! Please keep the place clean and locked! Ergs remain on the stage when not in use. Weight room rules must be followed along with safe lifting practices.

Go to our webpage for directions or to their site www.norwalkseniorcenter.org.

YOUTH TEAM

Winter training has begun in fine style with almost 30 kids. Good steady training will result in a fit and fast team come Spring time. Registration is open for Winter 2 on the website. Racing Team Parents are reminded that they are eligible for NRRA Adult programs at a 50% off. Come get in shape over the winter time. For information, check out the website at www.norwalkriverrowing.org/AdultWinterTraining.htm

FLORIDA IS COMING SOON! Jan 10-23, 2008 Adults, Feb. 17-23 Youth

As most of you know, last year we took boats and crews to train in Florida during the winter. It's time to start planning for Florida Winter Training Camp 2008!!! NRRA will have coaches on the water Jan. 10-23 in sunny, warm DeLand, FL for NRRA adults! You can come for one day or two weeks, it's up to you. For those of you looking for a Craftsbury experience on a budget, here's your chance. Daily video sessions and customized technical rows are just part of the experience. Costs are \$75/day/person for coaching/club boat transportation (private boat transport is extra).

This year's quotes include:

"The evening trips to the wine bar erased all my bad memories!" says Colleen.

"I can't wait to swim with the gators again", says Juliet.

"No snow, ice or duck poop on the dock" says Coach Charles.

The youth trip looks to be bigger and better than ever with a local regatta held at Stetson on the last day we're in attendance. Get out your sunblock and gator repellent, here we come!

BOARD MEETING

As usual, the Board Meeting is always open to anyone that would like to attend and be heard/seen.

Dec. 13, 2007 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

NRRA is an organization that is pretty much run by its members. Yes, we have full time staff, but their scope is pretty limited and their time is overflowing. Your membership fee opens the door of opportunity for you to help NRRA in its efforts to be the best club in the Northeast (i.e. USA) ☺.

1. We still need a Men's Adult Team Captain.....
2. ROAR will be operating this Winter, call Melanie to volunteer 866-0080 x11

TRAINING TIP OF THE MONTH- Training zones: What are they and how do I find them?

For optimal training, there needs to be variety in your workouts. The body is actually very good at becoming efficient, sometimes too much so. If you do the same thing everyday, your body will stop improving the same degree as it becomes more efficient and you'll only be improving a couple of the many facets of being a good athlete.

Each workout should have a specific goal in mind (endurance, cardio-vascular, strength etc.). Each of these types of workouts require a different intensity. These intensities define your training zones. There are basically 4 different ways to set up your training zones.

- 1. Heart rate**
- 2. Lactate**
- 3. Max test**
- 4. Rate of Perceived Exertion (RPE) or Borg Scale**

1. Heart Rate zones are pretty simple. If you internet search "heart rate training zone" you'll find dozens of charts explaining what they are. Typically they are percentages of your maximum HR. You can estimate your HR_{max} (220-age) or do a step test to determine your HR_{max} . You want to do your test in the sport in which you are training. Different activities will demand a different HR_{max} (e.g. swimming and rowing have different physical demands and environments so your HR_{max} will be different). Start erging around 50-75 watts and increase your power 25 watts each 2 minutes. At the end of each two min. have someone record your HR off your HR monitor. When you can't go any higher, take a power 10 and record the highest HR and that's your HR_{max} . Your zones are computed from that number (e.g. 85% of 179 = 152). HR training has its pros and cons but it's easy to monitor if you have a monitor but your HR can change based on health, weather, menstrual cycle, stress etc. so it's not perfect.

2. Lactate (lactic acid) zones are done in a similar fashion but instead of measuring HR, a coach/scientist is measuring the lactate levels in your blood during the step test (finger/ear prick blood test). The different measurements of lactate will define your training zones. This must be redone every 6 months or so as your fitness improves. Lactate is a by-product of metabolism. It's most known for being the result of sprints or anaerobic work. It's also known as causing the "burning" sensation in your muscles when you work very hard.

3. A max-test on the erg can define your capacity for work and then your intensities are defined from that. Common max tests are the earlier mentioned step-test and a 2k test. Instead of recording your HR_{max} , you are recording the $Watts_{max}$. Your training zones are computed from there. The watts pulled during a 2k test is considered around 97-100% of your max capacity. (e.g. 237 watts for 2k would give you an 85% training intensity of 201 watts)

4. The RPE scale is based on your perception as to how hard you are working. Once you get the hang of it, you can estimate your zones as accurately (if not better) as HR training. I'm going to shamelessly quote the CDC website below (I paid my taxes ☺).

Instructions for Borg Rating of Perceived Exertion (RPE) Scale: While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion. Look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales and the expressions and then give a number.

- 6 No exertion at all
- 7 Extremely light (7.5)
- 8
- 9 Very light
- 10
- 11 Light
- 12
- 13 Somewhat hard
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard
- 18
- 19 Extremely hard
- 20 Maximal exertion

9 corresponds to "very light" exercise. For a healthy person, it is like walking slowly at his or her own pace for some minutes

13 on the scale is "somewhat hard" exercise, but it still feels OK to continue.

17 "very hard" is very strenuous. A healthy person can still go on, but he or she really has to push him- or herself. It feels very heavy, and the person is very tired.

19 on the scale is an extremely strenuous exercise level. For most people this is the most strenuous exercise they have ever experienced.

There you have it. Go figure out your training zones and get to work.

***January Tip of the Month: Time to prepare for the 2008 Rowing Season, what should I do?
Charles***