

UNIVERSITÄT LEIPZIG
 Faculty of Sport Science – Institute for Movement & Training Science in Sports II

National Olympic Committee of Estonia,
 Tallin, 13.-14.03.2015

„Physiology of Rowing & Consequences for Rowing Training“

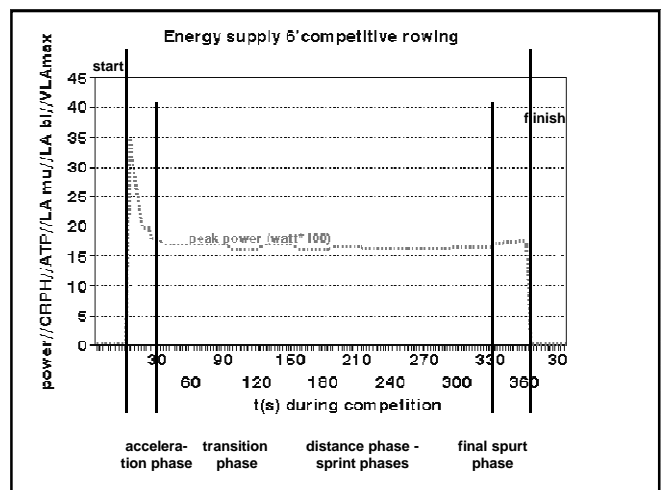
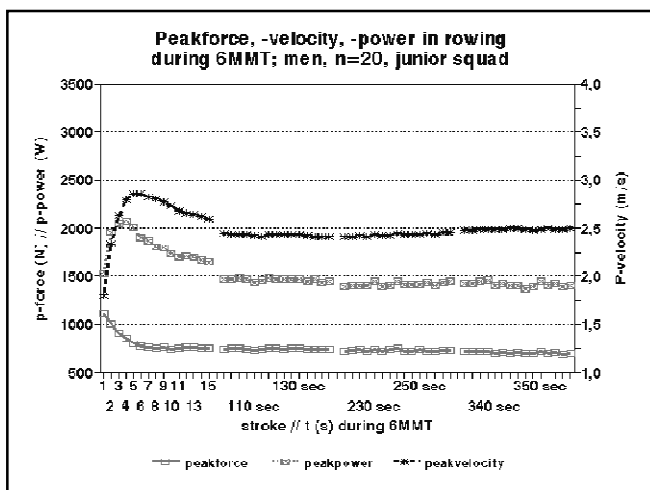
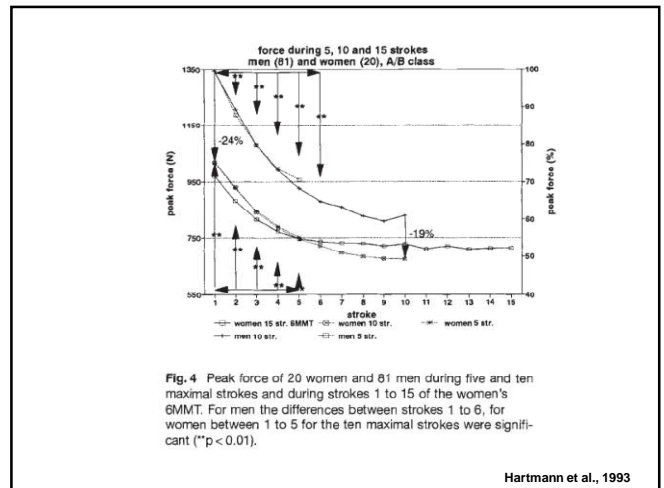
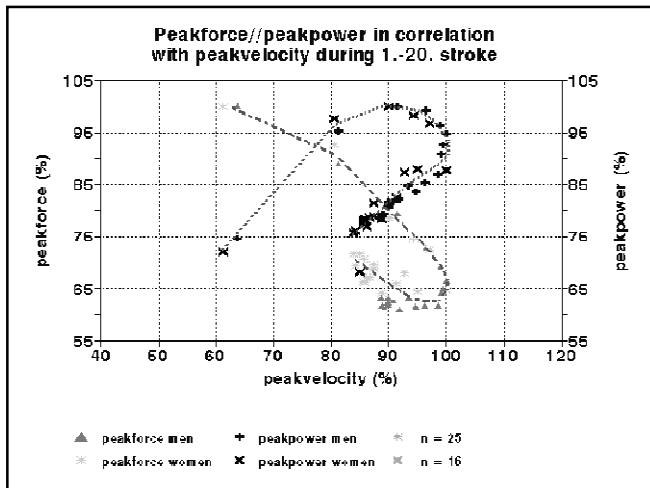
Ulrich Hartmann
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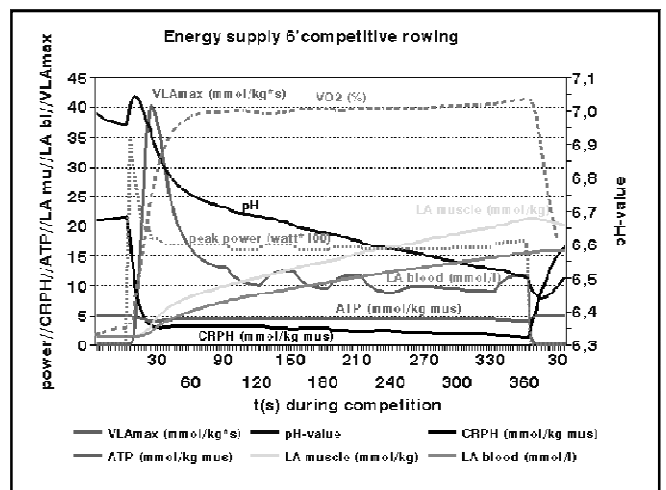
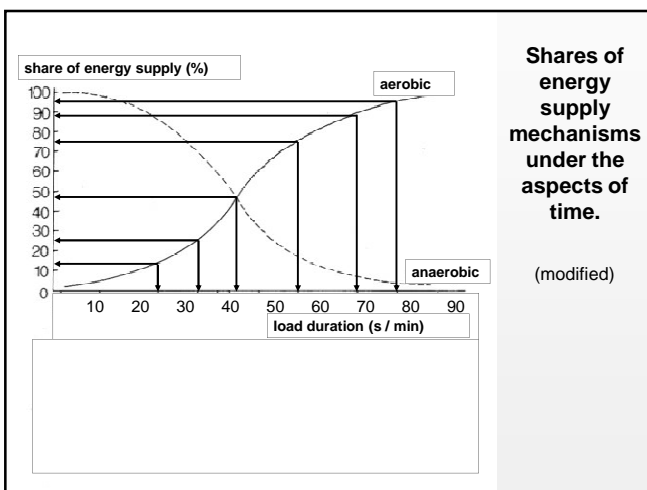
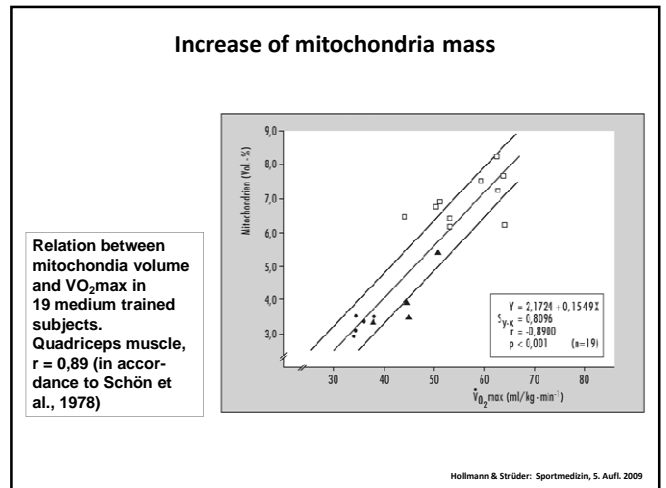
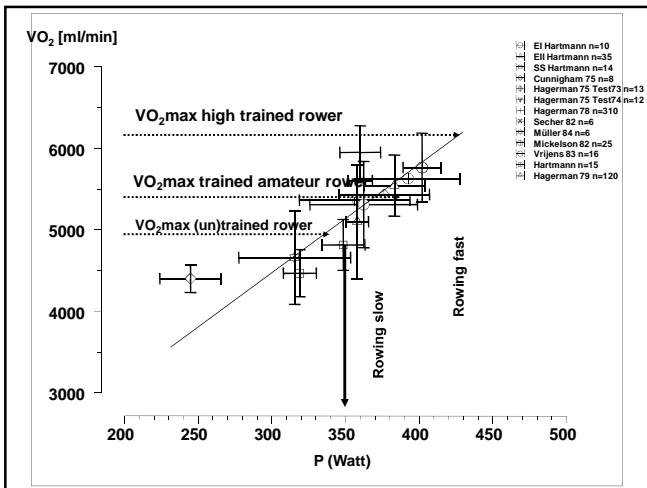
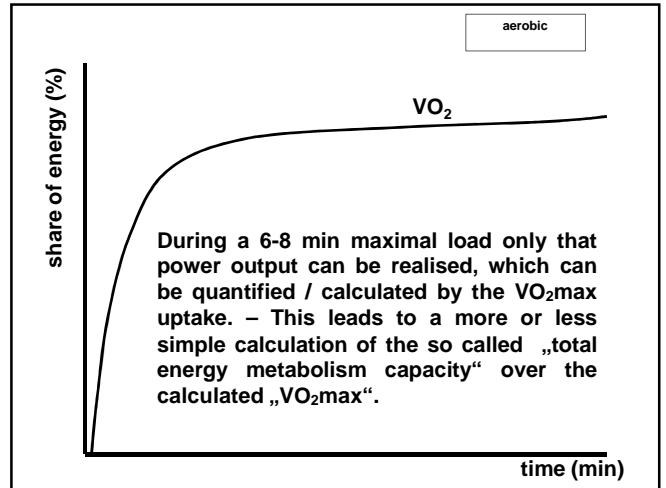
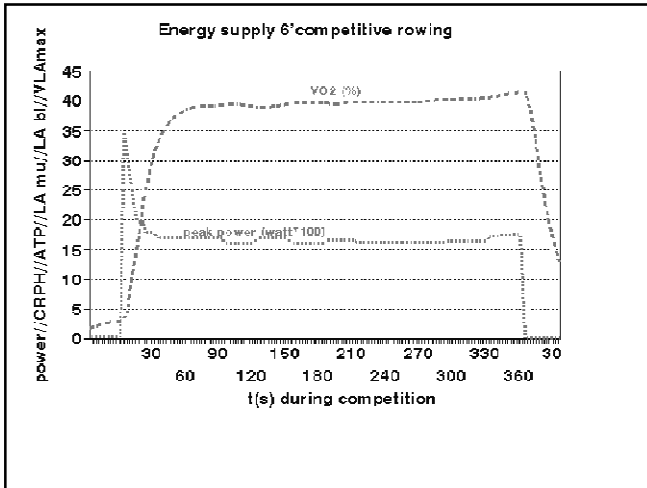
Hotel Susi, Tallinn, Estonia 14. March 2015

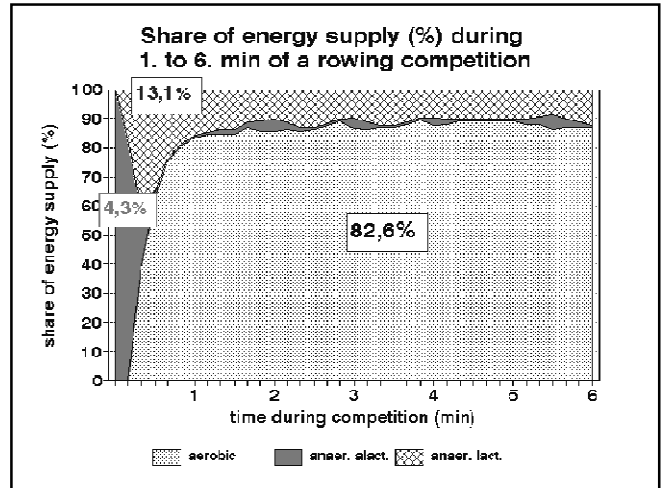
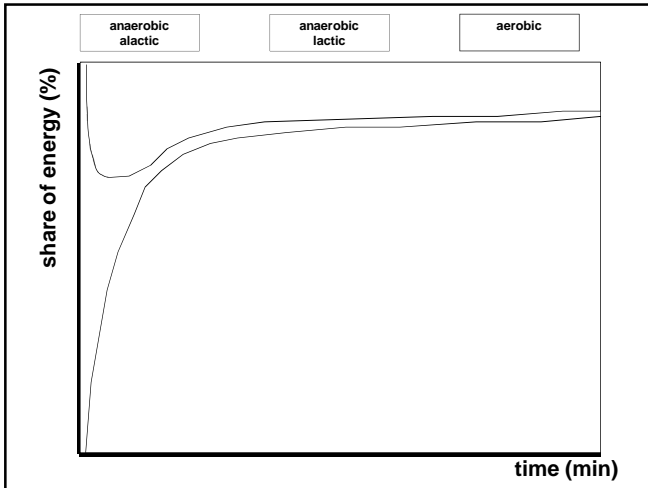
Metabolic definition of the physiological background of high performance rowing

Aim / questions of the presentation:

- General view of an energetic load profile in rowing !
- What are the most important factors for performing ?
- What is the necessary (physiological / metabolic) background ?
- What could be further consequences for training methodology and testing procedures ?
- Are there facts which have to be “renewed” in our scientific knowledge and background ?







QUESTIONS ???



Thank you very much for the attention