



R O E I V E R E N I G I N G
DE HERTOOG

Wedstrijdroeien

Een presentatie over de
Roeitechnische voorbereiding
van wedstrijden

Inhoud

1. Trainingsdoelen
2. Trainingsvariabelen
3. Goalsetting
4. Periodisering
5. Opbouw van een training
6. Wedstrijdvoorbereiding



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Trainingsdoelen

Het verbeteren van....

- Kracht
- Uithoudingsvermogen
- Techniek



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Trainingsvariabelen

- **Frequentie**

aantal keer per week

- **Intensiteit**

uitgedrukt in % van de maximale kracht of hartslag of tempo

- **Tijd**

omvang van de training



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Goalsetting

Het op systematische wijze formuleren van
doelen

Korte termijn

Realistisch | haalbaar | prikkelen | op weg naar
lange termijn doel

Lange termijn

Relativeert | bijstelling korte termijn doelen |
rapportage van de voortgang



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Voorbeeld van een lange termijn voortgangs log

Mogelijkheid om meer kracht of duur vermogen in het trainingsschema toe te voegen



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TRAINING

Keep A Spreadsheet Log Table

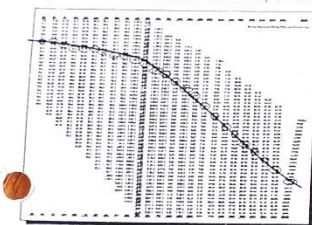
Here's an interesting training idea which came to us from one of our customers, Tony Dziepak of Virginia. He writes:

"I thought I'd share my training concept with you as it seems a bit unique. Instead of keeping a log book, I made a spreadsheet log table. It is a table of increasing distances from left to right, and increasing pace from bottom to top.... It serves as my pacing chart as well as a rowing log.

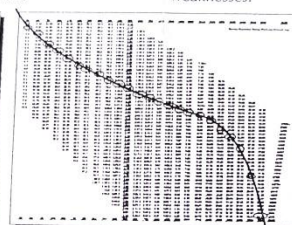
Here's how it works: First, you highlight or circle all of your known personal bests for the given distances. Then you start performing other distances. You may want to try one long distance once or twice a week, but for the shorter distances, you could attempt three or four in one interval-style workout.

Gradually, you will see an inverse relationship develop, which represents your achievement frontier.... After you have developed this frontier, you can identify which of your records are "soft" - (a dip in the frontier line), i.e. weak in comparison to your other records. These are the distances to tackle next. The goal is to push the frontier up and to the right.

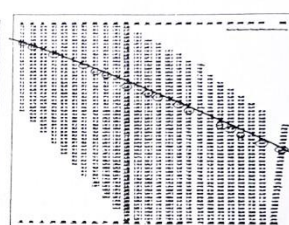
I think this training concept keeps you disciplined in terms of balancing distance with shorter intervals. Also rowers might compare the shape of their achievement frontier curves to detect weaknesses."



A curve that flattens off at the top left indicates a strength deficiency: emphasize strength training.



A curve that drops off steeply on the right suggests a lack of aerobic base: emphasize endurance training.

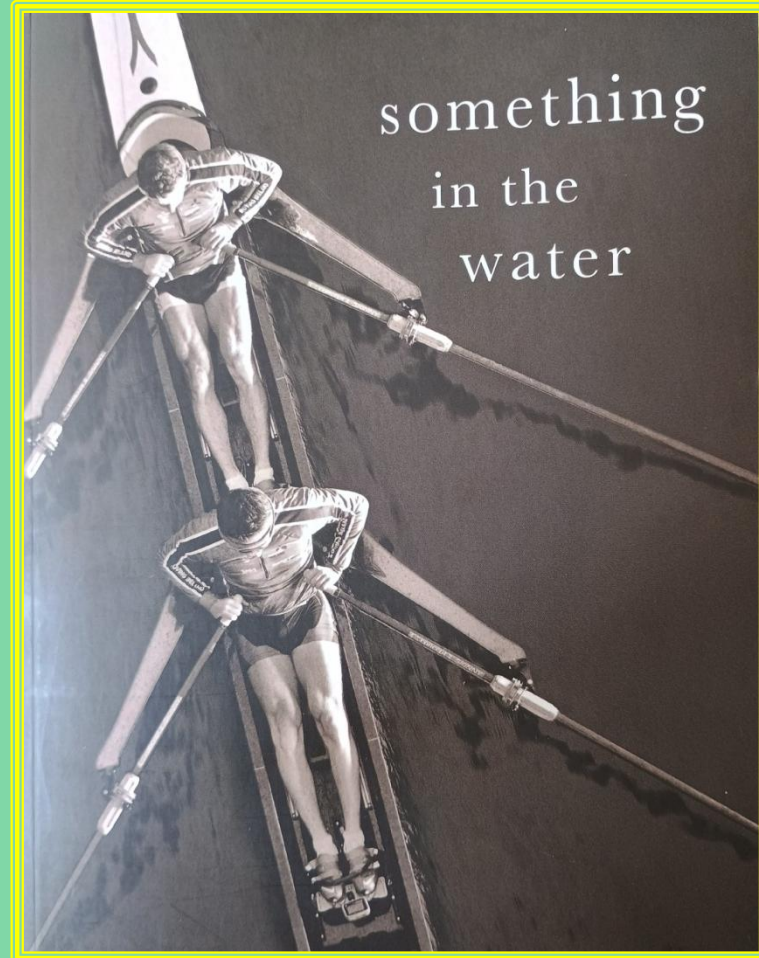


SAMPLE-Plot your own curve by circling your pace for each of the distances that you have performed.

50	60	75	100	120	150	200	250	300	400	500	600	750	1000	1200	1500	2000	2500	3000	4000	5000	6000	7500	9999	99.99	
7.6	9.12	11.40	15.2	18.24	22.8	30.4	38.0	45.8	1:00.4	1:11.6	1:21.1	1:31.4	1:41.8	1:51.8	2:01.5	2:14.2	2:29.0	2:44.0	3:00.0	3:16.0	3:33.0	3:50.0	4:08.0	4:26.0	4:44.0
7.7	9.24	11.55	15.4	18.48	23.1	30.8	38.5	46.2	1:01.8	1:12.7	1:22.4	1:32.8	1:43.2	1:53.2	2:03.0	2:15.8	2:30.8	2:46.0	3:02.0	3:18.0	3:35.0	3:52.0	4:10.0	4:28.0	4:46.0
7.8	9.36	11.70	15.6	18.72	23.4	31.2	39.0	46.8	1:02.4	1:13.4	1:23.1	1:33.6	1:44.0	1:54.0	2:04.0	2:16.8	2:31.8	2:47.0	3:03.0	3:19.0	3:36.0	3:53.0	4:11.0	4:29.0	4:47.0
7.9	9.48	11.85	15.8	18.96	23.7	31.6	39.5	47.4	1:03.0	1:14.0	1:23.8	1:34.4	1:44.8	1:54.8	2:04.8	2:17.6	2:32.6	2:48.0	3:04.0	3:20.0	3:37.0	3:54.0	4:12.0	4:30.0	4:48.0
8.0	9.60	12.00	16.0	19.20	24.0	32.0	40.0	48.0	1:04.0	1:15.0	1:24.8	1:35.4	1:45.8	1:55.8	2:05.8	2:18.6	2:33.6	2:49.0	3:05.0	3:21.0	3:38.0	3:55.0	4:13.0	4:31.0	4:49.0
8.1	9.72	12.15	16.2	19.44	24.3	32.4	40.5	48.6	1:04.8	1:15.8	1:25.6	1:36.2	1:46.6	1:56.6	2:06.6	2:19.4	2:34.4	2:50.0	3:06.0	3:22.0	3:39.0	3:56.0	4:14.0	4:32.0	4:50.0
8.2	9.84	12.30	16.4	19.68	24.6	32.8	41.0	49.2	1:05.6	1:16.6	1:26.4	1:37.0	1:47.4	1:57.4	2:07.4	2:20.2	2:35.2	2:51.0	3:07.0	3:23.0	3:40.0	3:57.0	4:15.0	4:33.0	4:51.0
8.3	9.96	12.45	16.6	19.92	24.9	33.2	41.5	49.8	1:06.4	1:17.4	1:27.2	1:37.8	1:48.2	1:58.2	2:08.2	2:21.0	2:36.0	2:52.0	3:08.0	3:24.0	3:41.0	3:58.0	4:16.0	4:34.0	4:52.0
8.4	10.08	12.60	16.8	20.16	25.2	33.6	42.0	50.4	1:07.2	1:18.2	1:28.0	1:38.6	1:49.0	1:59.0	2:09.0	2:21.8	2:36.8	2:53.0	3:09.0	3:25.0	3:42.0	3:59.0	4:17.0	4:35.0	4:53.0
8.5	10.20	12.75	17.0	20.40	25.5	34.0	42.5	51.0	1:08.0	1:19.0	1:28.8	1:39.4	1:49.8	1:59.8	2:09.8	2:22.6	2:37.6	2:54.0	3:10.0	3:26.0	3:43.0	3:60.0	4:18.0	4:36.0	4:54.0
8.6	10.32	12.90	17.2	20.64	25.8	34.4	43.0	51.6	1:08.8	1:19.8	1:29.6	1:40.2	1:50.6	2:10.6	2:23.4	2:38.4	2:55.0	3:11.0	3:27.0	3:44.0	3:61.0	4:19.0	4:37.0	4:55.0	4:55.0
8.7	10.44	13.05	17.4	20.88	26.1	34.8	43.5	52.2	1:09.6	1:20.6	1:30.4	1:40.8	1:51.2	2:11.2	2:24.0	2:39.0	2:56.0	3:12.0	3:28.0	3:45.0	3:62.0	4:20.0	4:38.0	4:56.0	4:56.0
8.8	10.56	13.20	17.6	21.12	26.4	35.2	44.0	52.8	1:10.4	1:21.4	1:31.2	1:41.6	1:52.0	2:12.0	2:24.8	2:40.0	2:57.0	3:13.0	3:29.0	3:46.0	3:63.0	4:21.0	4:39.0	4:57.0	4:57.0
8.9	10.68	13.35	17.8	21.36	26.7	35.6	44.5	53.4	1:11.2	1:22.2	1:32.0	1:42.4	1:52.8	2:13.2	2:26.0	2:41.0	2:58.0	3:14.0	3:30.0	3:47.0	3:64.0	4:22.0	4:40.0	4:58.0	4:58.0
9.0	10.80	13.50	18.0	21.60	27.0	36.0	45.0	54.0	1:12.0	1:23.0	1:32.8	1:43.2	1:53.6	2:14.4	2:27.2	2:42.0	2:59.0	3:15.0	3:31.0	3:48.0	3:65.0	4:23.0	4:41.0	4:59.0	4:59.0
9.1	10.92	13.65	18.2	21.84	27.3	36.4	45.5	54.6	1:12.8	1:23.8	1:33.6	1:43.8	1:54.2	2:15.0	2:27.8	2:42.8	3:00.0	3:16.0	3:32.0	3:49.0	3:66.0	4:24.0	4:42.0	4:60.0	4:60.0
9.2	11.04	13.80	18.4	22.08	27.6	36.8	46.0	55.2	1:13.6	1:24.6	1:34.4	1:44.4	1:54.8	2:15.8	2:28.6	2:43.6	3:01.0	3:17.0	3:33.0	3:50.0	3:67.0	4:25.0	4:43.0	4:61.0	4:61.0
9.3	11.16	13.95	18.6	22.32	27.9	37.2	46.5	55.8	1:14.4	1:25.4	1:35.2	1:45.2	1:55.6	2:16.6	2:29.4	2:44.4	3:02.0	3:18.0	3:34.0	3:51.0	3:68.0	4:26.0	4:44.0	4:62.0	4:62.0
9.4	11.28	14.10	18.8	22.56	28.2	37.6	47.0	56.4	1:15.2	1:26.2	1:36.0	1:46.0	1:56.4	2:17.4	2:30.2	2:45.2	3:03.0	3:19.0	3:35.0	3:52.0	3:69.0	4:27.0	4:45.0	4:63.0	4:63.0
9.5	11.40	14.25	19.0	22.80	28.5	38.0	47.5	57.0	1:16.0	1:27.0	1:36.8	1:46.8	1:57.2	2:18.2	2:31.0	2:46.0	3:04.0	3:20.0	3:36.0	3:53.0	3:70.0	4:28.0	4:46.0	4:64.0	4:64.0
9.6	11.52	14.40	19.2	23.04	28.8	38.4	48.0	57.6	1:16.8	1:27.8	1:37.6	1:47.6	1:58.0	2:19.0	2:31.8	2:46.8	3:05.0	3:21.0	3:37.0	3:54.0	3:71.0	4:29.0	4:47.0	4:65.0	4:65.0
9.7	11.64	14.55	19.4	23.28	29.1	38.8	48.5	58.2	1:17.6	1:28.6	1:38.4	1:48.4	1:58.8	2:20.0	2:32.6	2:47.6	3:06.0	3:22.0	3:38.0	3:55.0	3:72.0	4:30.0	4:48.0	4:66.0	4:66.0
9.8	11.76	14.70	19.6	23.52	29.4	39.2	49.0	58.8	1:18.4	1:29.4	1:39.2	1:49.2	1:59.6	2:21.0	2:33.6	2:48.6	3:07.0	3:23.0	3:39.0	3:56.0	3:73.0	4:31.0	4:49.0	4:67.0	4:67.0
9.9	11.88	14.85	19.8	23.76	29.7	39.6	49.5	59.4	1:19.2	1:30.2	1:40.0	1:50.0	2:00.4	2:22.0	2:34.4	2:49.4	3:08.0	3:24.0	3:40.0	3:57.0	3:74.0	4:32.0	4:50.0	4:68.0	4:68.0
10.0	12.00	15.00	20.0	24.00	30.0	40.0	50.0	60.0	1:20.0	1:31.0	1:41.8	1:51.8	2:02.2	2:24.0	2:36.0	2:51.0	3:09.0	3:25.0	3:41.0	3:58.0	3:75.0	4:33.0	4:51.0	4:69.0	4:69.0
10.1	12.12	15.15	20.2	24.24	30.3	40.4	50.5	60.6	1:20.8	1:31.8	1:42.6	1:52.6	2:03.0	2:24.8	2:36.8	2:51.8	3:10.0	3:26.0	3:42.0	3:59.0	3:76.0	4:34.0	4:52.0	4:70.0	4:70.0
10.2	12.24	15.30	20.4	24.48	30.6	40.8	51.0	61.2	1:21.6	1:32.6	1:43.4	1:53.4	2:04.0	2:25.8	2:37.8	2:52.8	3:11.0	3:27.0	3:43.0	3:60.0	3:77.0	4:35.0	4:53.0	4:71.0	4:71.0
10.3	12.36	15.45	20.6	24.72	30.9	41.2	51.5	61.8	1:22.4	1:33.4	1:44.2	1:54.4	2:05.0	2:26.8	2:38.8	2:53.8	3:12.0	3:28.0	3:44.0	3:61.0	3:78.0	4:36.0	4:54.0	4:72.0	4:72.0
10.4	12.48	15.60	20.8	24.96	31.2	41.6	52.0	62.4	1:23.2	1:34.2	1:45.0	1:55.4	2:06.0	2:27.8	2:39.8	2:54.8	3:13.0	3:29.0	3:45.0	3:62.0	3:79.0	4:37.0	4:55.0	4:73.0	4:73.0
10.5	12.60	15.75	21.0	25.20	31.5	42.0	52.5	63.0	1:24.0	1:35.0	1:45.8	1:56.2	2:07.0	2:28.8	2:40.8	2:55.8	3:14.0	3:30.0	3:46.0	3:63.0	3:80.0	4:38.0	4:56.0	4:74.0	4:74.0
10.6	12.72	15.90	21.2	25.44	31.8	42.4	53.0	63.6	1:24.8	1:35.8	1:46.6	1:57.0	2:08.0	2:29.8	2:41.8	2:56.8	3:15.0	3:31.0	3:47.0	3:64.0	3:81.0	4:39.0	4:57.0	4:75.0	4:75.0
10.7	12.84	16.05	21.4	25.68	32.1	42.8	53.5	64.2	1:25.6	1:36.6	1:47.4	1:57.8	2:09.0	2:30.8	2:43.8	2:57.8	3:16.0	3:32.0	3:48.0	3:65.0	3:82.0	4:40.0	4:58.0	4:76.0	4:76.0
10.8	12.96	16.20	21.6	25.92	32.4	43.2	54.0	64.8	1:26.4	1:37.4	1:48.2	1:58.6	2:10.0	2:31.8	2:44.8	2:58.8	3:17.0	3:33.0	3:49.0	3:66.0	3:83.0	4:41.0	4:59.0	4:77.0	4:77.0
10.9	13.08	16.35	21.8	26.16	32.7	43.6	54.5	65.4	1:27.2	1:38.2	1:49.0	1:59.4	2:11.0	2:32.8	2:45.8	2:59.8	3:18.0	3:34.0	3:50.0	3:67.0	3:84.0	4:42.0	5:00.0	4:78.0	4:78.0
11.0	13.20	16.50	22.0	26.40	33.0	44.0	55.0	66.0	1:28.0	1:39.0	1:50.0	2:00.0	2:12.0	2:33.8	2:46.8	3:00.8	3:19.0	3:35.0	3:51.0	3:68.0	3:85.0	4:43.0	5:01.0	4:79.0	4:79.0
11.1	13.32	16.65	22.2	26.64	33.3	44.4	55.5	66.6	1:28.8	1:39.8	1:50.8	2:00.8	2:12.8	2:34.8	2:47.8	3:01.8	3:20.0	3:36.0	3:52.0	3:69.0	3:86.0	4:44.0	5:02.0	4:80.0	4:80.0
11.2	13.44	16.80	22.4	26.88	33.6	44.8	56.0	67.2	1:29.6	1:40.6	1:51.6	2:01.6	2:13.6	2:35.8	2:48.8	3:02.8	3:21.0	3:37.0	3:53.0	3:70.0	3:87.0	4:45.0	5:03.0	4:81.0	4:81.0
11.3	13.56	16.95	22.6	27.12	33.9	45.2	56.5	67.8	1:30.4	1:41.4	1:52.4	2:02.4	2:14.4	2:36.8	2:49.8	3:03.8	3:22.0	3:38.0	3:54.0	3:71.0	3:88.0	4:46.0	5:04.0	4:82.0	4:82.0
11.4	13.68	17.10	22.8	27.36	34.2	45.6	57.0	68.4	1:31.2	1:42.2	1:53.2	2:03.2	2:15.2	2:37.8	2:50.8	3:04.8	3:23.0	3:39.0	3:55.0	3:72.0	3:89.0	4:47.0	5:05.0	4:83.0	4:83.0
11.5	13.80	17.25	23.0	27.60	34.5	46.0	57.5	69.0	1:32.0	1:43.0	1:54.0	2:04.0	2:16.0	2:38.8	2:51.8	3:05.8									

Goalsetting

**Soms alleen een
innerlijke drive
'to chase the lads'**



ROEIVERENIGING
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Periodisering

1. Jaarcyclus
2. Weekplanning



ROEIVERENIGING
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Jaarcyclus

Vastomlijnd voor toproeiers en jeugdroeiers
vanwege de Olympische cyclus/jaarcyclus

Voor masters piekmomenten vrij in te vullen

- Voorjaarsklassiekers
- Najaarswedstrijden
- DMO/ WK masters



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Wat betekent dit concreet?

- **Buiten het wedstrijdseizoen**

Techniek en basisconditie op orde brengen door volume verhogen en/of krachtblokken

- **Opbouw richting wedstrijdseizoen**

Meer intensieve trainingen

Wedstrijdspecifiek (startjes, sparsessies, etc)



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Weekplanning

- Weekend en zomer
boottrainingen
- Door de weeks (winter)
indoor | outdoor | ergo | landtraining



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Weekplanning

- **Techniektraining**

coaching | video analyse | 1 à 2 punten

- **Lange duur training (ed)**

Lage intensiteit | lage hf | laag tempo

- **Intensieve training (id)**

Intervallen | piramides | afstandjes



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Schema's bouwen

- Afwisseling van trainingsvormen en intensiteit, volume afgestemd op de ploeg, en met de wedstrijd als doel
- Intensieve trainingen afwisselen met ed/technische trainingen, let op met krachttraining i.v.m. spierherstel
- Voortgang meten d.m.v. testen, bijvoorbeeld elke 6-8 weken 2000m



Opbouw binnen een training

1. Warming up land (inchecken)
2. Warming up boot
3. Techniektraining
4. Belastende elementen
5. Cooling down boot
6. Rekoefeningen
7. Nabespreken (consensus)



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Wedstrijdvoorbereiding

1. Ploeg formeren (goalsetting)
2. Wedstrijdcontract + machtiging
3. Inschrijven >14 dagen vooraf
4. Boot nalopen APK + poetsen
5. Informatie wedstrijddag
6. Baankaart + Loting
7. Afladen en boot perfect voor volgende training achterlaten



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“You can learn 90% of the rowing stroke in 10 minutes. The other 10% will require you a lifetime of effort to learn” Bob Valerian



**ROEIVERENIGING
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Wedstrijden winter 2026/2027

Toegankelijke wedstrijden

- Abeelenrace
- Eemhead
- Oktoberregatta
- Lingebokaal
- Suikerrace
- Beatrix winterrace
- Ganzeregatta

Wedstrijden waar snel gevaren wordt

- Tromp boatraces
- November vieren
- Heineken&Head
- Skiff&Tweehead



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Feedback?



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