

RAEX Beginner Boat Training Plan

Level: Beginner - Mixed Crew Focus

Session Duration: ~60 minutes

Frequency: 1-2 sessions per week

Goal: Introduce technical coordination, rhythm, and teamwork fundamentals for mixed crews.

Key Principles

- Communication: Encourage mutual listening and feedback between rowers.
- Synchronization: Prioritize clean timing over power; unity before speed.
- Respect: Each rower adapts their effort to the shared rhythm, regardless of gender or physical difference.
- Shared leadership: Alternate cox or stroke seat when possible between men and women to build mutual understanding.

Session Structure

1. Warm-Up (10 min)

- Light paddle (5-6 RPE), square blades, focus on posture and timing.
- Exercises:
 - * Arms only (5 strokes), then arms + body (5), then quarter-slide (5)
 - * Mirror exercises: alternate seats lead for 10 strokes

2. Technical Drills (20 min)

- Pick Drill (arms -> body -> half slide -> full slide, repeat)
- Pause Drills at arms away and body over
- "Eyes Closed" Drill: bow pair or stern pair close eyes to enhance boat feel (switch after 5 min)
- Focus: Timing, blade entry, shared rhythm

3. Main Block (20 min)

- 3x6 min @ 20-22 spm (strokes per minute), 2 min rest
- Alternate stroke seat: one piece led by female rower, one by male
- Focus on flow, silent catches, coordinated finishes
- Optional: "Silent row" (no verbal communication) to boost body awareness

4. Cool-Down (10 min)

- Steady paddle, rating down to 18 spm
- Debrief as a crew: What worked? What felt different?

Coach Tips

- Reinforce that mixed crews are about adaptability and connection, not matching power output.
- Highlight non-verbal cues and eye contact at the catch and finish.
- Celebrate balance, not dominance.