



High Performance Rowing

John McArthur

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Written for coaches and crews that are past beginner level but new to competitive rowing, *High Performance Rowing* doesn't aim to cover every aspect of rowing, but just concentrates on how to make your boat go faster. It is a detailed guide to fitness and strength training, and covers equipment and techniques needed for improving performance at different levels of competition. Topics include tips on improving technique, how to write a training program, and selection of crews.

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Margaret Conley:

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