PEAK CENTRE
FOR HUMAN PERFORMANCE

Peak Centre Rowing Dryland Program

The Peak Centre Rowing Program

The Peak Centre for Human Performance is proud to introduce the Peak Centre Rowing Program. This cutting edge Program combines the Peak Centre's long standing expertise in sport science with expert rowing coaching to provide a menu of training options for rowers on the West Coast of every level. The Peak Centre has been deeply involved with Canada's National Rowing Program through Ed McNeely, one of Peak's senior Sport Scientists, who has been the physiologist and strength consultant for the Canadian National team since 1992. Our programs make available to all rowers the sport science services previously accessible only by national level athletes. For coaches or clubs interested in having their athletes assessed, our staff will visit your club, test the athletes and explain the results and how the training can be modified according to the results. For athletes looking for some help with their training, we offer customized training program development, an off-season dryland program, assessment services and coaching services like video stroke analysis.

What is the Peak Rowing Dryland Program?

The Peak Centre Dryland Program is designed to dramatically improve the power you can generate in the boat and make you faster on the water. The program consists of three weekly coached erg sessions, two optional monitored strength sessions and the latest sport science testing. We use state of the art lab testing to determine each individual's strength and weaknesses to determine power level for the erg sessions so that we can ensure each and every workout is done at the intensities that are going to create the biggest improvements. We use reassessments at the mid point and the end point of the program to ensure we are seeing the improvements we expect to see and adjusting the training accordingly. Each workout session is coached by an expert coach to ensure workouts are done properly and monitor progress.

Individual Training Zones: The Key to Performance Improvements

The Peak Centre Training System is designed to develop an athlete through specific, scientific and individual needs. Our physiologists do this through precise Training Zone determination. Each training zone is dedicated toward improving a specific aspect of performance.

Zones 1, 3 & 5 are specific physiological parameters that must be precisely trained for performance improvements at specific events.
Zone 4 is sometimes used for the development of specific needs depending on the intensity and duration requirements of the athlete's event.
Zone 2 is a zone that isn't used in any rowing discipline and shouldn't be trained by rowers.

The key to determining training zones is accurate blood lactate analysis at several exercise intensity levels. After thorough analysis of the assessment information, Peak Centre exercise physiologists can precisely determine an athlete's individual key training zones.

Program Features:

- Regular lactate testing to determine individual power and heart rate training zones
- Workout are power based to eliminate guesswork from perceived exertion
- Sessions are instructor led to provide proper workout progression
- All classes use the Concept II Ergs – the industry gold standard in power based training ergs
- Periodic performance testing (both lactate and functional) to measure progress and determine new
- training zones
- Small class size to ensure instructors can provide the proper support and guidance
- Technique work to improve stroke mechanics for increased efficiency.

Peak Centre for Human Performance
101- 4181 East Hastings Street, Burnaby, B.C., V5C 2J3
Tel: 604-299-7959 Website: www.peakcentrevancouver.ca

The Rowing Program Includes:

- 16 weeks starting the beginning of November to the end of February
- 2 full lactate zone checks (beginning and end of the program) and one zone 1 check (mid program)
- three 60 minute coached erg sessions per week
- strength training program with 2 optional monitored strength sessions per week
- small group sizes to ensure individual attention
- unlimited access to Peak Centre facility
- 2 erg booking slots during the day and evening to make up for missed sessions or for additional erg time
- Discounts on other Peak Centre products and services
- Discounts on private lessons or video stroke analysis

Group Options

Group 1: Monday, Wednesday, Saturday from 5:15 am-6:15 am
Group 2: Monday, Wednesday, Saturday from 6:15 am-7:15 am
Group 3: Tuesday, Thursday, Friday from 5:15 am-6:15 am
Group 4: Tuesday, Thursday, Friday from 6:15 am-7:15 am

Session Start Date:

Group 1 & 2: Monday November 8th, 2010
Group 3 & 4: Tuesday November 9th, 2010

Location

Peak Centre for Human Performance
101-4181 Hastings Street, Burnaby
Map: http://www.peakcentrevancouver.ca/contact.php

Cost

$125.00 + taxes per month

Head Coach - Jim Gardiner

Jim Gardiner began his rowing career as a walk on freshman at the University of Rhode Island. As a lightweight he won Silver and Bronze at the Nationals as well as Gold at Regionals. He spent 2 years being coached and mentored by Stephen Peterson, fellow URI lightweight alumni, who just started his stint on the National Team and went on to win a World Championship and represent the U.S. at the Atlanta Olympics in 1996.

Jim also spent 3 years in the US National Development camps. The first as stroke of the lightweight 8 rowing out of New London, Ct.. Highlights include gold and silver medals at Nationals in a variety of events from 8+, 4+, and 4-. The following year he was selected to the 1991 US Olympic Festival North Squad in the men's 2x. He went on to win Gold in Los Angeles. Returning to the University of Rhode Island he became the Head Coach for 2 years coaching both Novice and Varsity. Highlights include coaching Jason Gailes (silver medalist) and Julia Chilicki who went on to the Atlanta games.

Over the past two years, Jim has made a mark in the Rowing BC community both as a rower and coach. He has spent time with Dick McClure at Burnaby Lake and has applied his knowledge to the sweep program at the Vancouver Rowing Club and the scullers at the Deep Cove Rowing Club. Through his collaboration with the Peak Centre, both clubs have become a dominant force in Canadian and American Master's regattas. Most recently, Jim has been appointed the Head Coach of the rowing program at Simon Fraser University.

Registration

There are a limited number of ergs for each time slot so register early to reserve your space. You can register by calling the Peak Centre at 604-299-7959.