Managing Volume and Load to Reduce Low Back Pain and Rib Stress Injuries in Rowers

Will Ruth / RowingStronger.com

**Manage Volume**

- High-volume rowing or erging
  - Do we need it?
    - Yes
    - Prolonged Erging (30+ mins continuous)
      - Do we need it?
        - Yes
          - Cross-train for aerobic adaptations
            - Use HR instead of 500m split
              - Consider 60-sec standing break per 10 mins continuous
                - Consider using spoons during low-rate or high-volume training phase
          - No
            - Manage load and volume elsewhere
              - Reduce fan resistance
              - Use sliding ergs
              - Minimize low-rate or added-resistance rowing
              - Reduce other training volume
              - Consider using spoons during low-rate or high-volume training phase

**Manage Load**

- Hatchets or Spoons?
  - Hatchets
    - Access to spoons?
      - Yes
        - Introduce gradually. Emphasize technique.
      - No
        - Manage volume and load elsewhere
          - Reduce other training volume
          - Minimize prolonged erging
          - Minimize low-rate rowing/erging
          - Use sliding ergs or reduced fan resistance
  - Spoons
    - Do we need it?
      - Yes
      - Addicted-resistance rowing
      - Do we need it?
        - Yes

**Periodization**

- Emphasize cross-training in off-season
  - Gradual return from training breaks
    - Progressive increase of volume and load
      - Plan deload weeks of reduced training load
        - Manage volume and load elsewhere
          - Reduce other training volume
          - Minimize prolonged erging
          - Minimize low-rate rowing/erging
          - Use sliding ergs or reduced fan resistance