

Here are another couple of suggestions for the Coaches Forum provided by Mary.

1. I've been motivated by the following two sites to think more closely about developing a systematic, progressive off-water and / or strength program as part of team development.
One site is rowing based and the other is general fitness but the information is evidence-based and is transferable to dragon boating.

The articles cover things such as,

- a. understanding which exercises / activities are best to develop slow twitch fibres / fast twitch fibres
- b. exercises or programs to develop aerobic and anaerobic systems - avoiding overuse injuries
- c. benefits of circuit training, isometric exercises, plyometric exercises, getting technique right before getting on the water or in pressure racing situations

<https://rowingstronger.com/>

<http://www.acefitness.org>

2. The book below is a great read and it reinforced for me the importance of synchronization and team work in training and racing to win

