

## Preparing for a tour

### Getting fit

Unlike competitive rowing, touring does not require you to be in peak physical shape but the fitter you are the better!

On a tour you will probably be rowing for at least 3-4 hours a day so you should be confident that you can do this before starting.

However, don't be daunted by this as the beauty of recreational rowing is that you are able to stop for a break as often as you like!

### Tips for tour fitness

If you are planning a longer, multiple-day tour, there won't be much time to recover after each session so you'll need to be a bit more organised in your fitness preparation.

As well as making the rowing easier, it will allow you to enjoy all the aspects such as sightseeing and socialising if you aren't nursing aching muscles!



*Cycling is a great way of getting fit for a tour*

FISA, who run an annual international tour, recommend the following to get in shape for a summer tour:

- Aim to exercise at least three times a week through the winter to achieve a good base level of fitness
- Try to alternate your workouts between aerobic and anaerobic activities.
- Aerobic activity will be for 30-40 minutes or more and raise your heart rate to around 70% of its maximum. Activities could include running, cross country skiing, ice skating, swimming, rowing, dancing.
- Anaerobic activity builds muscles, bone mass and endurance. The most common anaerobic activity is weight lifting. Incorporate this into your training and you'll really feel the benefits in your rowing.
- As spring approaches try and schedule some rows of at least 10km, three to four times a week and some cross-training once or twice a week.
- If you can, about a month before a tour, start doing longer rows of around 20-25 kilometres
- To simulate a tour, break up the rows into the morning and afternoon, rowing 10-12km in the morning, eating lunch, and then rowing the next 10-12km. On a FISA tour the daily distances will be between 20-40km so exercising in this way will give some ideas of a tour's requirements.

Even if you're not planning a longer summer tour the above guidelines are great for any rowing activity and can be adapted to suit the type and length of any tours you are planning.

### **Coxing Practice**

It is normal on tours for everybody to take a turn at coxing, so if you aren't used to this, it's essential to practise beforehand. Here's a [handy guide](#) for novice tour coxes:

