

Going the Distance

Winter Training 2014

Between the twin beasts of fall and spring rowing season lies the dark terror of winter training: it is a grueling battle of attrition to get and stay in shape for the upcoming sprints. It is characterized by constant 2k tests, challenging workouts, and dark morning practices in the frost and haze. The movement from steady-state race pace to an all-out sprint against your teammates comes gradually and only after many breathless mornings on the erg. My thought process is persistent and louder than the flywheel on my machine; this isn't where I meet my end. I visualize myself on the racecourse locked in absolute sprint with another boat. Somehow this makes my workout seem shorter. When winter training begins I am in top shape, but by the end I am cast in iron.

Spring champions are forged in the dead of winter.

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