



RENEGADE ROWING

STRENGTH & CONDITIONING FOR ROWERS



Do you have what it takes to be different?

Renegade Rowing is not your typical rowing program or your typical strength and conditioning program. We're not interested in the way things have always been. Traditionally strength and conditioning is something your rowing coach has recommended in the off-season through "other" facilities and "other" coaches. What if those "other" places have never rowed before? Can they really understand what your coach needs you to improve and strengthen?

Renegade Rowing offers a solution. Renegade athletes train at the premier facilities for rowing and fitness in the Boston area, Community Rowing and CrossFit Boston with world-class coaching. We offer the committed athlete an opportunity to develop the general physical preparedness needed for competitive rowing along with the sport specificity to truly compete. We seek athletes who dare to be different and seize the opportunity to achieve their true potential. Renegade Rowing coaches expect hard working athletes who are motivated to make a change and fight for their goals.

As a member of the **Renegade Rowing Team** athletes can expect to be challenged on a daily basis. Your Renegade Coach will help you find your weak points and show you how to strengthen them. The coaching at Renegade Rowing is positive, energetic, and engaging. Athletes will learn how to move, jump, lift, throw, and row. Every Renegade Athlete will receive the individualized feedback and instruction they need to get stronger and row faster.

COST

Group Training (4 +) **Personal Training**
\$400 /Month \$100 /Session
\$1,000 /3 Months \$1,000 /Month

More detailed pricing information can be found online. www.renegaderowing.com



Physical Skills of a Renegade Rower

- Endurance
- Stamina
- Strength
- Balance
- Speed
- Coordination
- Agility
- Flexibility
- Power
- Accuracy



Sport Specific Skills of a Renegade Rower

- Posture
- Control
- Connection
- Timing
- Balance
- Nutrition
- Mental Toughness
- Sculling 4x, 2x, 1x
- Sweeping 8+, 4+, 2-



Coach Patrick Larcom

Coach Pat is a graduate of the Institute for Rowing Leadership, a US Rowing Level III Certified Coach, and a CrossFit Level I Certified Trainer. He has been empowering junior athletes through fitness and rowing for the last four years as a coach in both Rowing and CrossFit. Patrick is passionate about making athletes stronger, fitter, and faster for rowing and for life.

SCHEDULE

Tuesday: 7:00 – 8:30 pm @ Community Rowing
Thursday: 7:00 – 8:30 pm @ Community Rowing
Friday: 4:30 – 5:30 pm @ CrossFit Boston*
Saturday: 12:00 – 1:30 pm @ Community Rowing

**CrossFit Boston session are an optional 4th day and cost \$20/session*

Renegade Rowing shares space with Community Rowing, Inc. and CrossFit Boston



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