MEAT AXE ROWING

5 PILLARS TO SCORE

THE BLUEPRINT.

Score yourself on the five pillars of going fast, then play to your strengths.

There are pillars to going fast in this sport, and every athlete is strong in some and a little bit weaker in others. You don't need to be a ten across the board.

> **you want to emphasize your strength and minimize your weaknesses**

How to score. Give every statement a score from 1 (not me yet) to 5 (that's me). Be honest: nobody sees this but you. Then score yourself again in three months and see what moved.

1. PHYSICAL ABILITY

#	Your engine	Now	3 months
1	I can row an hour at talking pace and my split holds the whole way.		
2	I can hold threshold, my 5K split plus a second or two, for 4 x 10 minutes.		
3	My 2K is where I want it, and I know the split I'm holding for every 500.		
4	I'm strong where rowing needs it: legs, core and back.		

2. TECHNIQUE

#	Being a boat mover	Now	3 months
1	I'm set early off the back, so my catch is quick without reaching for more.		
2	My power gets from my legs to the blade, with no slipping through the hips or folding at the arms.		
3	I switch on through the drive and relax on the way up.		
4	My power sits inside the crew's rhythm. Nobody in the boat feels my leg drive.		
5	I row the same way as the rest of my crew, even when it's not how I'd row on my own.		

3. BEING A GOOD TEAMMATE

#	Playing well with others	Now	3 months
1	I bring energy to the boat, and I'm vocal when the crew needs it.		
2	I hold myself to a high standard, and I'll say so when the crew isn't good enough.		
3	When the crew commits to a way of rowing, I buy in completely.		
4	When someone better comes into the crew, I use their energy, try to beat them, and bring others with me.		
5	I know my job in the boat and I own it.		

4. MINDSET

#	Confidence, resilience, self-talk	Now	3 months
1	My self-talk sounds more like a hype man than a critic.		
2	I get nervous before big races, and I have a way to handle it, like box breathing.		
3	After a bad race or a stuck patch, I recommit to what works instead of chasing something new.		
4	I can race well when things go wrong. I don't need it to be perfect.		
5	I don't size up the opposition, or let the person on the next erg get in my head.		

5. THE LITTLE THINGS

#	Sleep, food, stretching, staying injury-free	Now	3 months
1	I ask of every little thing: is this going to help me row faster?		
2	I prioritise my sleep when I'm training hard.		
3	I eat enough for the work I'm doing, and I take food in the boat on long sessions.		
4	I stretch before and after every session.		
5	I build up my weights slowly and do my mobility and core work around them.		

YOUR SCORES

Add up each pillar, divide by the number of statements and double it. That's your score out of 10. Physical ability has four statements, so a total of 15 is 15 ÷ 4 x 2 = 7.5. The others have five, so a total of 20 is 8.

Pillar	Total now	Out of 10	In 3 months	Mine
Physical ability				7 or 8
Technique				6 or 7
Being a good teammate				9
Mindset				7 or 8
The little things				9

Technique is a six or a seven for me, which is why I'm a Meataxe. Mindset is a seven or an eight: I had a bad tendency for negative self-talk.

STRONGEST AND WEAKEST

Weak physically? Be really strong technically, or be the glue in the team. Really strong physically but weaker technically? You're a Meataxe, and that works in rowing.

My strongest pillar	How I'll lean on it

My weakest pillar	How I'll make up for it

My three lowest statements: what I'll work on

Where to next. Physical ability: the erg workouts (meataxerowing.com/erg). Technique: the Kiwi eight drill pack. Being a good teammate: the crew culture playbook. Mindset and the little things: the resources at meataxerowing.com/resources.

Send this to a Meataxe who needs to hear it.