

## Newsletter

Dear RP3 Rowing Crew,

The Olympic regatta was nothing short of spectacular! The week was filled with electrifying races, showcasing top-tier technical rowing and world-class athletes giving their all on the waters of Vaires-Sur-Marne.

We had the privilege of experiencing the action firsthand from the stands, but our involvement went far beyond spectating. We were proud to support the event by providing machines in the warm-up area, as well as numerous RP3 machines that powered the preparation of many national teams—teams that dominated the podium across various categories, from the eights to the single sculls. The latter in which Karolien Florijn and Olli Zeidler secured the gold medals.

As we set our sights on the next Olympiad, our journey begins with the rising stars of U19 and U23 rowing, who will be competing in Canada this weekend.

***Train on Land, Win on Water!***

### RP3 ROWING: DRIVING OLYMPIC SUCCESS

The recent Olympic regatta saw a remarkable achievement by athletes powered by RP3 Rowing machines.

A staggering 71% of the gold medals across men's and women's events were won by rowers who trained on our equipment, with RP3 athletes also securing 55% of the total medals awarded.

This dominance spanned every boat class, from sculling to sweep, small boats and big, showcasing the versatility and impact of RP3 and effective training in high-performance rowing.

These results highlight how RP3 Rowing has become an essential tool for Olympic preparation, trusted by the world's top rowers and coaches to give them the edge needed to reach the podium. We're honored to have contributed to this historic level of success and will continue to innovate further to enable more crews to train strength, endurance and most importantly coordination on land. Check out the next section of this newsletter for an insight on what factors of your rowing you can improve with RP3 Dynamic.



Olympic Regatta 27 July - 3 August 2024, Paris FRA							
	Gold	Silver	Bronze		Gold	Silver	Bronze
LW2X	GBR	-	-	LM2X	IRL	-	-
W1X	NED	NZL	-	M1X	GER	-	NED
W2-	NED	-	AUS	M2-	CRO	-	SUI
W2X	NZL	-	-	M2X	-	NED	IRL
W4-	NED	-	NZL	M4-	-	NZL	-
W4X	(GBR)	NED	GER	M4X	NED	-	-
W8+	-	CAN	-	M8+	-	NED	USA

The Sinkovic brothers and the Dutch women's four celebrating gold

The full medal table of the 2024 Olympic Regatta in Paris

# HOW TO USE RP3 ROWING TO GET THE BEST YOU CAN BE

Dr. Valery Kleshnev, a rowing biomechanics expert, analyzed the Paris Olympic crews and found that the winning teams excelled in two main factors:

1. Effective Work per Stroke (EWpS), a key metric of power efficiency.
2. Stroke rate

**EWpS:** The best crews not only generated optimal stroke power but also maintained consistent technique, crucial for victory. RP3 Rowing machines are ideal for optimizing EWpS, offering real-time feedback on stroke efficiency through metrics like "Energy Per Stroke" and "R-Square." The RP3 Rowing App and Portal allow rowers and coaches to dive in to a massive amount of qualitative data to enhance the EWpS required to gain the most speed and flow.

**Stroke rate:** The average stroke rate in the Olympic A-finals exceeded 40 strokes per minute, reflecting a continuing trend in elite rowing. Crews have increasingly prioritized higher stroke rates, recognizing that more strokes per minute can generate greater speed than simply focusing on adding power. The dynamic nature and on-water feel of RP3 Rowing machines allows athletes to train these rates while remaining efficient due to the lack of energy lost by moving your bodyweight.

Using the force curve and reference curve in combination with data year round is a great way to pinpoint and improve technical issues. [Click here](#) to read more on effective training!



## RAPID RESULTS AND IMPROVEMENT WITH RP3 ROWING

Below is an image showing the progress of a Masters W8+ crew at our local club. Simply by doing one to two steady state training sessions per week on RP3 Rowing machines with proper coaching and in-depth guidance using the RP3 App and Portal, we have seen huge improvement in stroke quality and synchronization! The next step is to start high intensity as well. we are excited to see how far they come! Check out the Portal beta to create similar crew curves reports and workouts.

