

# WINTER *Season*

CHATTANOOGA JUNIOR ROWING WINTER '08

Winter training is the preparation for the Spring season sprint races. The emphasis shifts from building an aerobic base to building anaerobic capacity, endurance, and strength to sustain maximum exertion for eight to ten minute periods.

The workouts take place indoors for the most part. However, outdoor exercises are carried out when weather permits.

The season begins after a short break following Fall season.

There is one competition, the Tennessee Indoor Regatta. It occurs this year on January 28. The event marks the end of the Winter season.

Fees for this season are \$100.