

Wild Rowing

BEACH

SPRINT

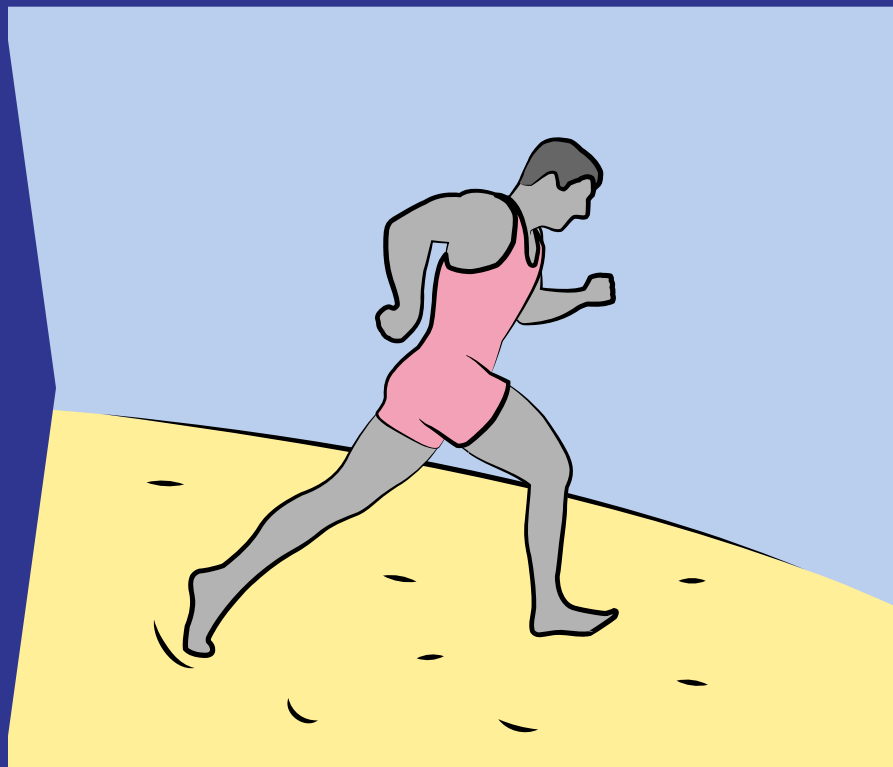
101



1

START

10-50 m



2

LAUNCH Run>Row



7

FINISH

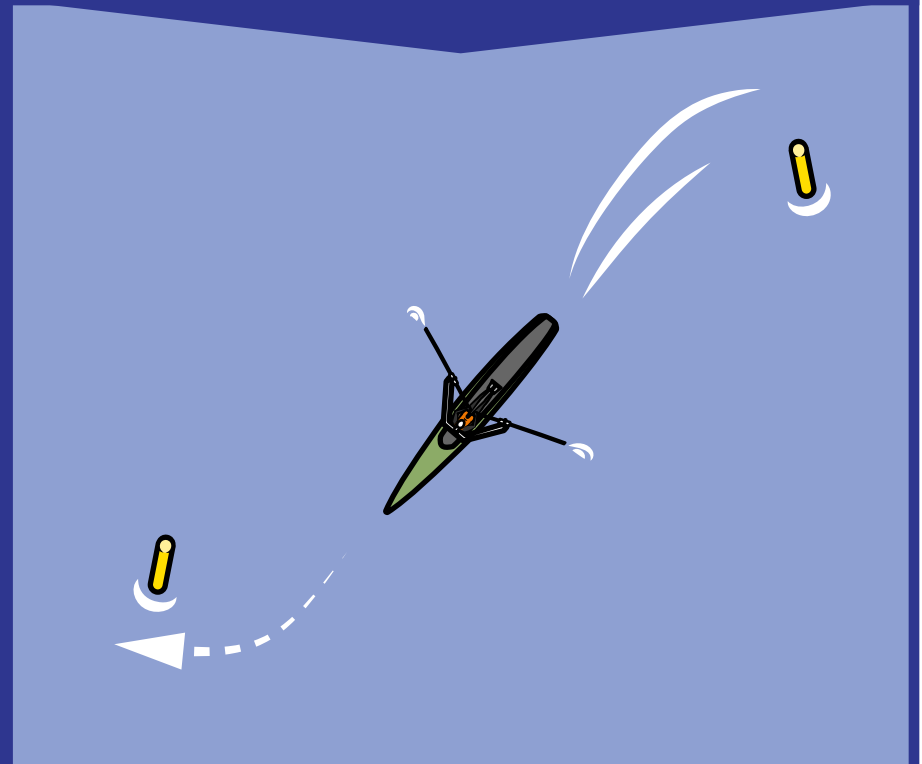
10-50 m



3

SLALOM

250 m



Wild Rowing
**BEACH
SPRINT**
101

6

JUMP

Row>Run



5

RETURN

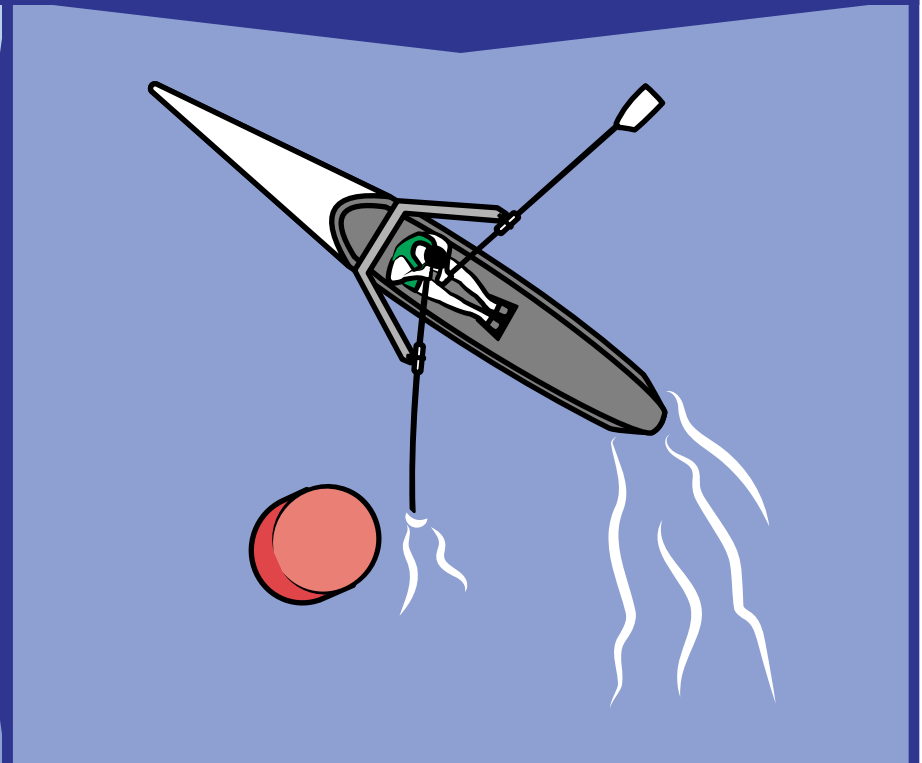
250 m



4

TURN

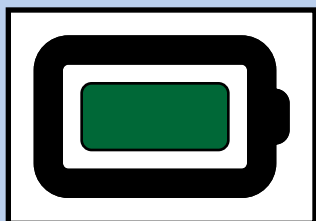
180°



1

START

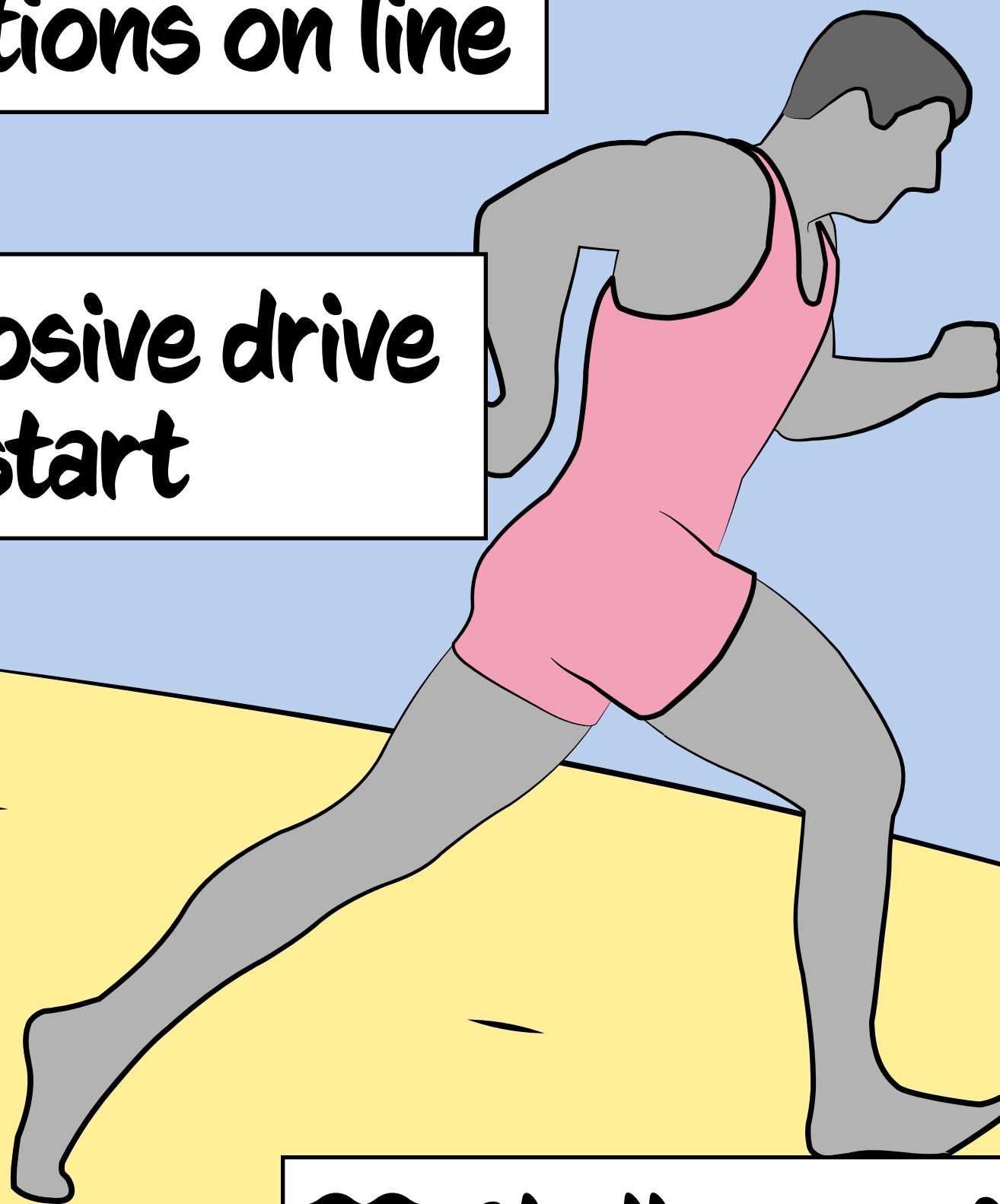
10-50 m



🕒 5-10 s

🕒 Focus and quick reactions on line

⚡ Explosive drive off start



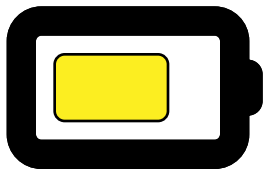
≈ Challenge of running on sand and in water



2

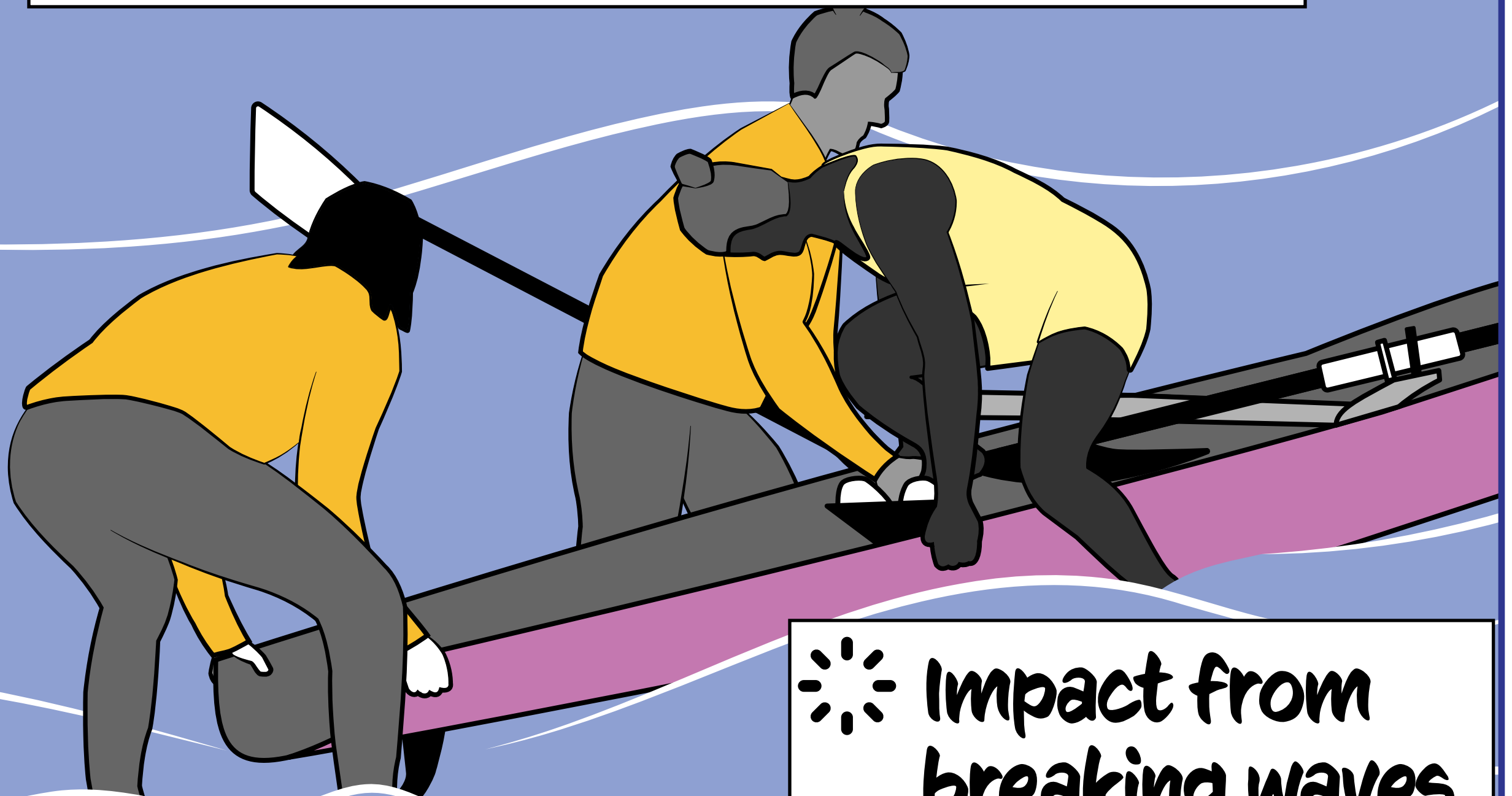
LAUNCH

Run > Row



🕒 3-5 s

↔ Highly complex transition:
run-jump-seat-feet-oars-row



💥 Impact from
breaking waves

👥 Teamwork with
boat handlers

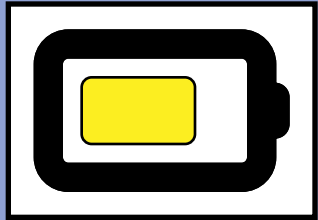
▶ Push to pick
up speed



3

SLALOM

250 m

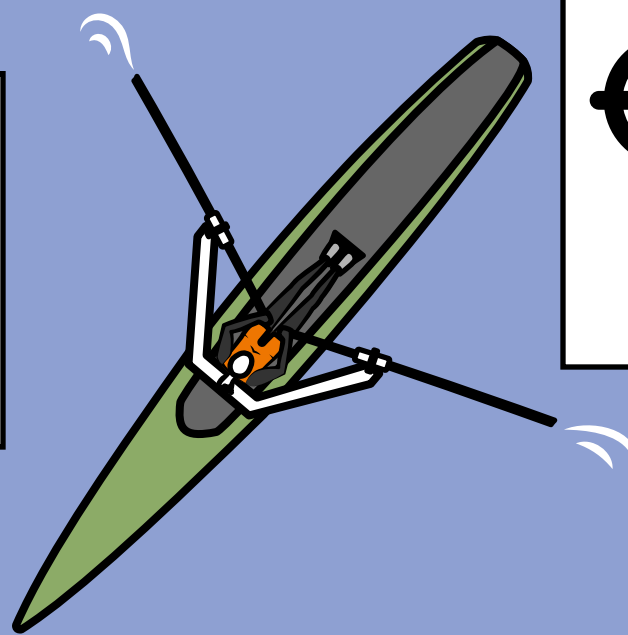


🕒 50-70 s

⇒ Adapt stroke for wind and waves

👁️ Follow signals from shore

🎯 Precise boat control



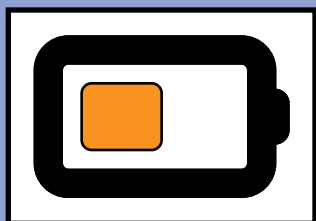
↘ Best trajectory?:
Wide = +Distance
Tight = +Risk



4

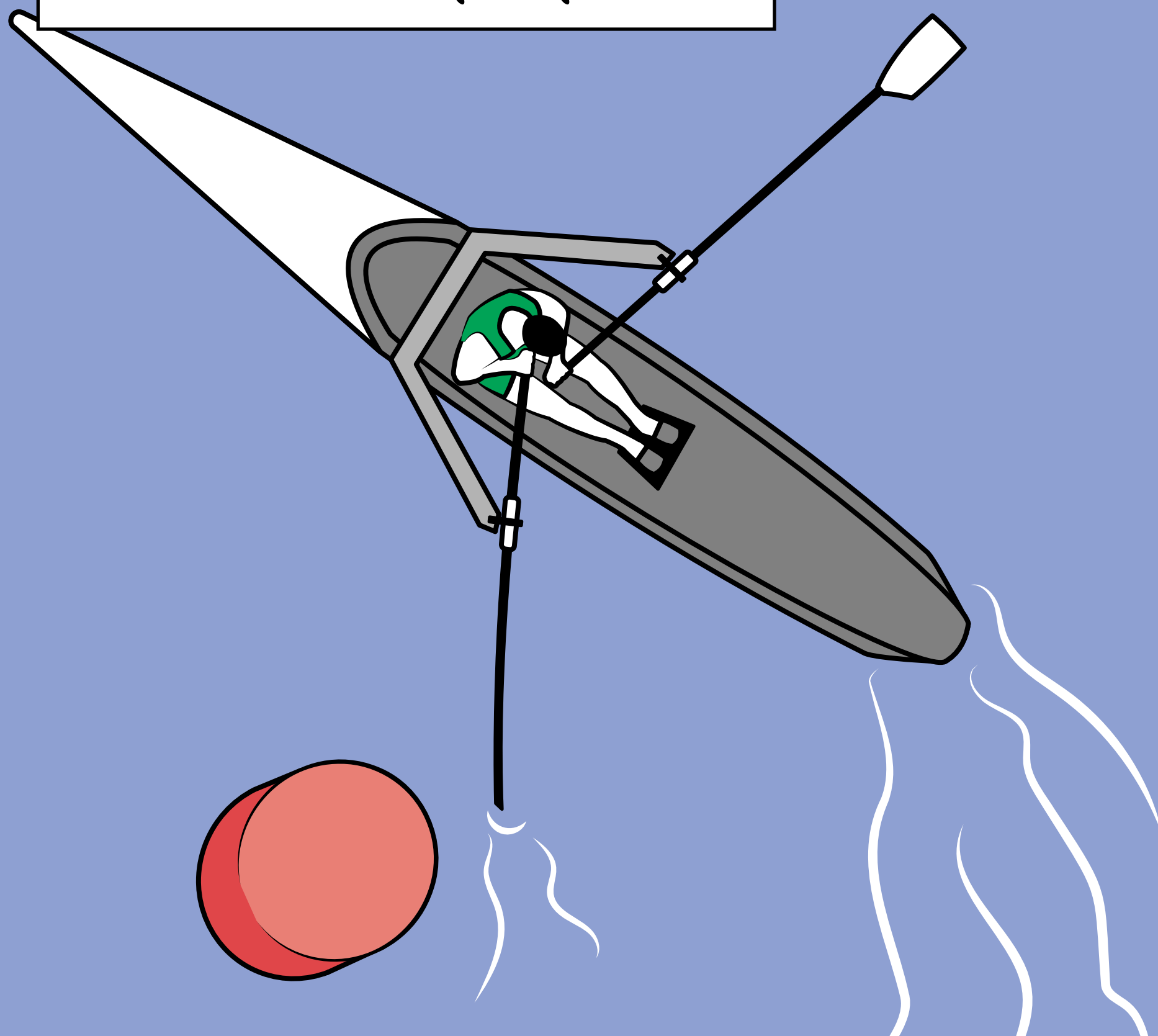
TURN

180°



🔄 Flip direction
but keep speed

🕒 5-10 s



↶ Anticipate and
don't overshoot

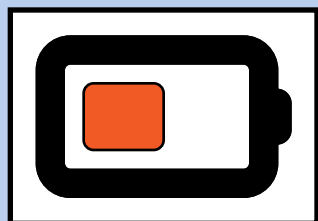
⚓ Hold water to
turn quickly



5

RETURN

250 m



🕒 50-70 s

💓 Rebuild intensity
after turn



📍 Stay straight to
minimize distance
on water and beach

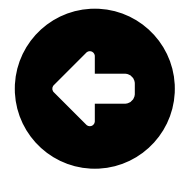
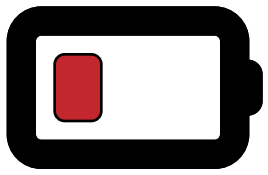
◀ Catch a wave
for free speed



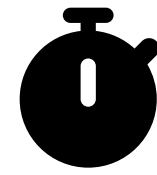
6

JUMP

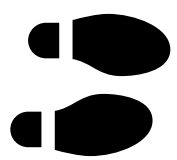
Row › Run



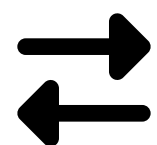
Use boat speed
for impulse on run



2-3 s



Unstable first steps
into soft sand/water



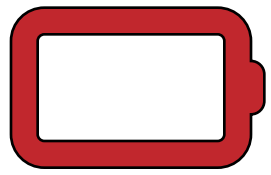
Complex transition:
row-rotate-jump-run



7

FINISH

10 - 50 m



⌚ 5-10 s

♥ Determination versus extreme fatigue

➔] Cross the line:
Reach? Jump?
Dive? Leap?
Karate kick?



🔥 Leg muscles burn with lactate buildup



