

Rowing Faster By Volker Nolte

By Volker Nolte

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Volker Nolte is the author of Rowing Faster (4.10 avg rating, 60 ratings, 8 reviews, published 2004), Rowing Faster - 2nd Edition (3.80 avg rating, 5 rat

Volker Nolte is men's head rowing coach and assistant professor at the University of Western Ontario, where he teaches coaching and biomechanics.

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The following is an excerpt from the second edition of Rowing Faster (Human Kinetics, 2011), edited by Volker Nolte. This excerpt comes from Chapter 15, Special

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