Frédérique Rol

Olympienne

Ex rameuse professionnelle

Préparatrice mentale

Success in motion


4
SUI
Filippi






thermoplan


TOKYO 2020
OMEGA
OFFICIAL TIMEKEEPER
Days
1 108
22
15
01
Hours
Mins
Secs
To the Opening Ceremony of the Olympic Games
vaud
Lausanne

Semaine d'entrainement type

SWISS ROWING TEAM

Woche: 5 Datum: 01/02/2021 - 07/02/2021

Swiss Rowing Team Trainingsprogramm / Programme d'entraînement

Montag / Lundi 1/2/21	Dienstag / Mardi 2/2/21	Mittwoch / Mercredi 3/2/21	Donnerstag / Jeudi 4/2/21	Freitag / Vendredi 5/2/21	Samstag / Samedi 6/2/21	Sonntag / Dimanche 7/2/21	Bemerkungen
Sarnen	Home	Gavirate	Gavirate	Gavirate	Gavirate	Gavirate	
frei	Ergometer 3x6km auf GA1 Watts	Treffen im Hotel Horizon and Spa 10h45 / Lunch @ 11h00 Anschliessend Boote riggern und Material abladen	warm up siehe unten Rudern 15km GA0- Tech in 1x/2- 7h30 Warm up Fauen 7h45 Warm up Männer 3km warm up	warm up siehe unten Rudern 24km darin 3x20' (5'@16; 5'@18; 5'@20; 5'@22) in 1x/2- 7h30 Warm up Fauen 7h45 Warm up Männer 3km warm up	warm up siehe unten Rudern 22km darin PWW 60' Bug-Heck-Bug-Heck-Ganz 1' Wechsel in 2x/4- und am Schluss 60" auf WR in 2x/2- 7h30 Warm up Fauen 7h45 Warm up Männer 5km warm up	warm up siehe unten Rudern TPS 3x4km No1@ 26, No2 @28, No3 @30 in 2x/2- 7h30 Warm up Fauen 7h45 Warm up Männer	**Tagesablauf im Trainingslager** **6h30 Frühstück** **11h00 Mittagessen** **14h45-15h45 Snack** **19h45 Nachtessen** **81% Woche**

Montag / Lundi	Dienstag / Mardi	Mittwoch / Mercredi	Donnerstag / Jeudi	Freitag / Vendredi	Samstag / Samedi	Sonntag / Dimanche	Bemerkungen Remarques
Session 2	Session 2	Session 2	Session 2	Session 2	Session 2	Session 2	
frei	frei	12h30 Männer Rudern 22km GA 1 @77% -78% Slz 18 in 1x/2- 12h15 Frauen Krafttraining	Zeitplan siehe unten Ergometer Individuelle Förderung Frauen 13h00 Männer 14h30	Zeitplan siehe unten 12h30 Männer Rudern 15km GA1 4x3km @80% Slz 20-22 in 2x/4-/2- 12h15 Frauen Krafttraining	Zeitplan siehe unten Dauerlauf 70' Ausgleich Alle 13h	Zeitplan siehe unten 12h30 Männer Rudern 15km GA0 in 2x/4-/2- 12h15 Frauen Krafttraining	Anz. Trainingstage 6 Einheiten 14 Stunden 19.7 Testwoche Rudern 8 Kraft 3 Ergometer 1 Indiv Fördertr. 1 Alternativ Lauf 1 Total 14

Montag / Lundi	Dienstag / Mardi	Mittwoch / Mercredi	Donnerstag / Jeudi	Freitag / Vendredi	Samstag / Samedi	Sonntag / Dimanche	Bemerkungen Remarques
Session 3	Session 3	Session 3	Session 3	Session 3	Session 3	Session 3	
frei	frei	16h30 Männer Krafttraining 16h00 Frauen Rudern 22km GA 1 @77% -78% Slz 18 in 1x	frei	16h30 Männer Krafttraining 16h00 Frauen Rudern 15km GA1 4x3km @80% Slz 20-22 in 1x/2-	Rudern, 8x500m voll mit 90" Pause. 4km Ausrudern in 2x/2- Alle 16h00	16h30 Männer Krafttraining 16h00 Frauen Rudern 15km GA0	

Success in motion

Planification annuelle

September			TW
Date	Day	Location	
1st	Fri		
2nd	Sat	Belgrade	
3rd	Sun	Belgrade	
4th	Mon	Belgrade	
5th	Tue	Belgrade	
6th	Wed	Belgrade	
7th	Thu	Belgrade	
8th	Fri	Belgrade	
9th	Sat	Belgrade	
10th	Sun		
11th	Mon		1
12th	Tue		
13th	Wed		
14th	Thu		
15th	Fri		
16th	Sat		2
17th	Sun		
18th	Mon		
19th	Tue		
20th	Wed		
21st	Thu		
22nd	Fri		
23rd	Sat		
24th	Sun	Start Training	
25th	Mon	Home	3
26th	Tues		
27th	Wed		
28th	Thu		
29th	Fri		
30th	Sat		

October			TW
		Location	
1st	Sun		
2nd	Mon		4
3rd	Tue	Cycling Camp	
4th	Wed	Carpentras (FRA)	
5th	Thu		
6th	Fri		
7th	Sat		
8th	Sun		
9th	Mon		5
10th	Tue		
11th	Wed		
12th	Thu		
13th	Fri		
14th	Sat		
15th	Sun		
16th	Mon	Home	6
17th	Tue	Home	
18th	Wed	Home	
19th	Thu	Pascal in Varese	
20th	Fri	Pascal	
21st	Sat		
22nd	Sun	*Pisa Race	
23rd	Mon		7
24th	Tues		
25th	Wed		
26th	Thu		
27th	Fri		
28th	Sat		
29th	Sun		
30th	Mon		
31st	Tue	tanja ?	

November			TW
		Location	
1st	Wed	Abend Reise Zug	
2nd	Thu	Olympia-Treff	
3rd	Fri	Swiss Olympic	8
4th	Sat	Fred : Lyon *Silver	
5th	Sun	off	
6th	Mon		
7th	Tue		
8th	Wed		
9th	Thu		9
10th	Fri	Maaike	
11th	Sat		
12th	Sun	off	
13th	Mon		
14th	Tue		
15th	Wed		
16th	Thu	Fred : Lausanne	10
17th	Fri		
18th	Sat	Ueli	
19th	Sun		
20th	Mon		
21st	Tues		
22nd	Wed	Ergtest5km	
23rd	Thu		11
24th	Fri	Hotel in Muhlouse	
25th	Sat	Longdistance I	
26th	Sun	off-> nach Varese	
27th	Mon	Varese with Norway	
28th	Tue		12
29th	Wed		
30th	Thu		

December			TW
Date	Day		
1st	Fri		
2nd	Sat		
3rd	Sun		
4th	Mon		
5th	Tue		
6th	Wed		
7th	Thu		13
8th	Fri		
9th	Sat	*Sabaudia Race	
10th	Sun		
11th	Mon		
12th	Tue	Fred : Lausanne	
13th	Wed	Zug	
14th	Thu		14
15th	Fri		
16th	Sat		
17th	Sun	Tanja	
18th	Mon		
19th	Tues		
20th	Wed	Ergtest2k	
21st	Thu	Fred : Lausanne	15
22nd	Fri	Home	
23rd	Sat	Home	
24th	Sun	Christmas	
25th	Mon	Christmas	
26th	Tue		
27th	Wed		
28th	Thu		16
29th	Fri	Girona	
30th	Sat	bike camp	
31st	Sun		

January			TW
Date	Day	Location	
1st	Mon		
2nd	Tue		
3rd	Wed		
4th	Thu		17
5th	Fri	Home	
6th	Sat		
7th	Sun		
8th	Mon	Patricia Home	
9th	Tue		
10th	Wed	Carlo	
11th	Thu		18
12th	Fri		
13th	Sat		
14th	Sun		
15th	Mon		
16th	Tues	Fred Home	
17th	Wed	Fred Home	
18th	Thu	Fred Home	19
19th	Fri	Fred Home	
20th	Sat		
21st	Sun	*Pulsiano Race	
22nd	Mon		
23rd	Tue		
24th	Wed		
25th	Thu		20
26th	Fri	Muhlouse	
27th	Sat	Long distance II	
28th	Sun		
29th	Mon		
30th	Tues		21
31st	Wed		

February			TW
Date	Day	Location	
1st	Thu	Seville	
2nd	Fri		21
3rd	Sat		
4th	Sun		
5th	Mon		
6th	Tue		
7th	Wed		
8th	Thu		22
9th	Fri		
10th	Sat		
11th	Sun		
12th	Mon		
13th	Tue	Ueli	
14th	Wed	IRL Lw2x	
15th	Thu		23
16th	Fri		
17th	Sat		
18th	Sun		
19th	Mon		
20th	Tues		
21st	Wed		

March			TW
Date	Day	Location	
1st	Fri		
2nd	Sat	Swiss Indoors 2k	25
3rd	Sun		
4th	Mon	Varese	
5th	Tue		
6th	Wed		
7th	Thu		26
8th	Fri		
9th	Sat		
10th	Sun		
11th	Mon		
12th	Tues		
13th	Wed		
14th	Thu	Trials	27
15th	Fri		
16th	Sat	*Piedulicco Regatta	
17th	Sun		
18th	Mon		
19th	Tues		
20th	Wed		
21st	Thu		28

April			TW
Date	Day	Location	
1st	Mon		
2nd	Tue		
3rd	Wed		
4th	Thu		
5th	Fri		30
6th	Sat		
7th	Sun		
8th	Mon		
9th	Tues		
10th	Wed		
11th	Thu		31
12th	Fri	World Cup 1	
13th	Sat	Varese	
14th	Sun		
15th	Mon		
16th	Tues		
17th	Wed		
18th	Thu		32
19th	Fri		
20th	Sat		
21st	Sun		

May			TW
Date	Day	Location	
1st	Wed		
2nd	Thu		
3rd	Fri		34
4th	Sat		
5th	Sun		
6th	Mon		
7th	Tues		
8th	Wed		
9th	Thu		35
10th	Fri		
11th	Sat	*Piedilucco Regatta	
12th	Sun		
13th	Mon		
14th	Tues		
15th	Wed		
16th	Thu		36
17th	Fri		
18th	Sat		
19th	Sun	Final Qualification	
20th	Mon	Regatta	
21st	Tues	Luzern	

June			TW
Date	Day	Location	
1st	Sat		
2nd	Sun		38
3rd	Mon		
4th	Tue		
5th	Wed		
6th	Thu		39
7th	Fri		
8th	Sat	*Italian Champs	
9th	Sun		
10th	Mon		
11th	Tues		
12th	Wed		
13th	Thu		40
14th	Fri	World Cup 3	
15th	Sat	Poznan	
16th	Sun		
17th	Mon		
18th	Tues		
19th	Wed		
20th	Thu		41
21st	Fri		

Success in motion



Palmarès

Ensemble dans le bateau depuis 2011...

- 7e place aux JO de Tokyo
- 3 médailles de bronze en coupe du monde
- 2 médailles de bronze aux championnats d'Europe
- 8 finales de coupe du monde
- 2 finales des championnats du monde
- 20 titres de championne suisse

6'000+ kilomètres parcourus sur l'eau

120+ courses de niveau international
1'000'000+ de coups de rame

Success in motion

Athlète 24h/24h 7/7

- Des sacrifices ?

- Nutrition
- Peu d’autres activités sportives
- Anti-dopage

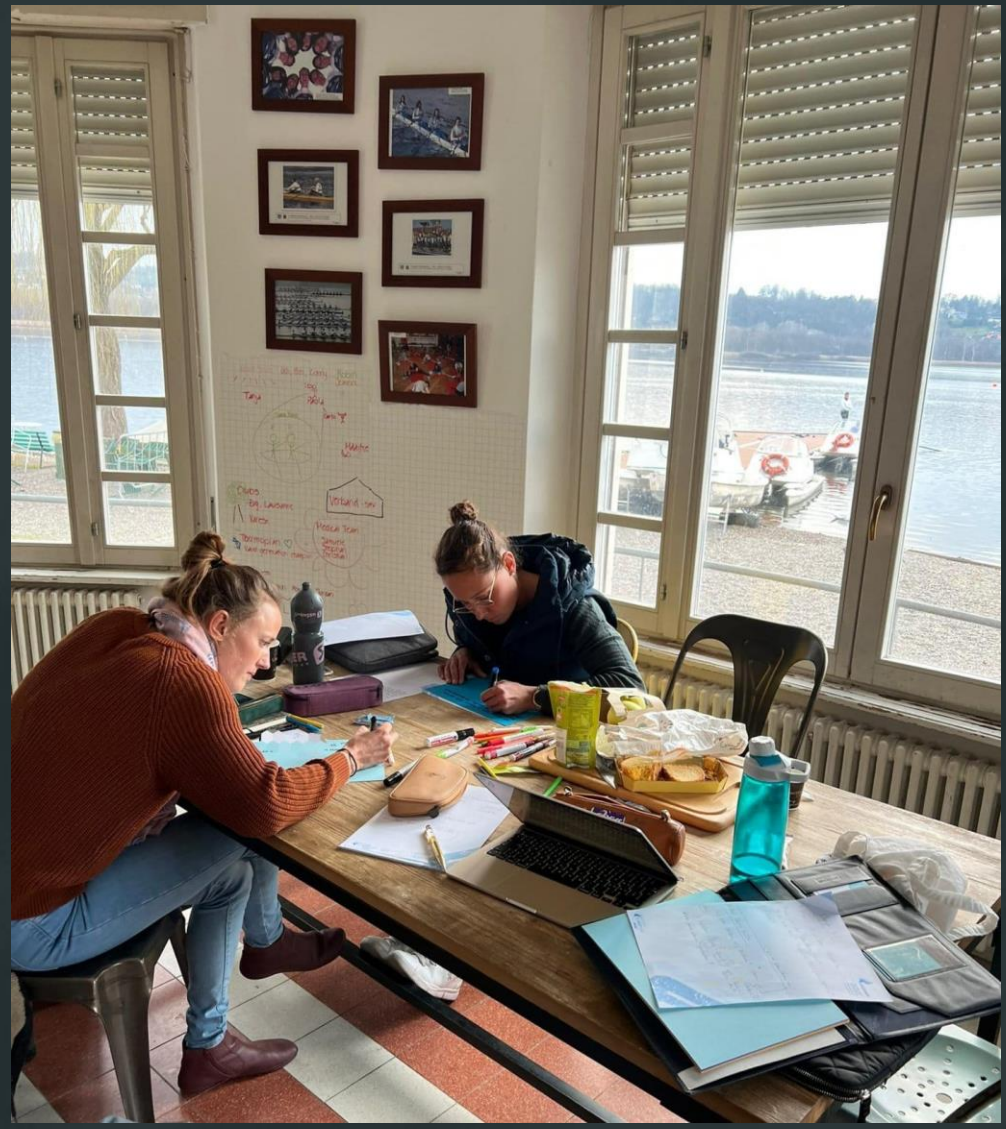
Success in motion

Préparation physique



Success in motion

Préparation mentale



Success in motion

2019 world rowing championships — Linz-Ottensheim Austria

Linz-Ottensheim, Austria — 25 Aug - 01 Sept

9 (Event)

Results

Lightweight Women's Double Sculls

SAT 31 AUG 2019

LW2x **FB** **Race 314**

World Champ' Best:	NZL	McBRIDE Zoe / KIDDLE Jackie	Linz-Ottensheim (AUT) 2019	World Championships	6:48.49
World Best Time:	NED	PAULIS Ilse / HEAD Maaike	Poznan (POL) 2016	World Cup	6:47.69
World Champion:	ROU	COZMIUC Ionela-Livia / BELEAGA Gianina-Elena	Plovdiv (BUL) 2018	World Championships	6:50.71

Rank	Lane	Ctry Code		Name	500m		1000m		1500m		2000m		Total Rank
1	4	ITA	(b)	RODINI Valentina	1:44.48	(3)	3:33.26	(3)	5:23.94	(3)	**7:11.18**		7 OQ
			(s)	CESARINI Federica			1:48.78	(=4)	1:50.68	(3)	**1:47.24**	(1)	
					1.23		2.16		1.15				
2	2	CAN	(b)	MOFFATT Jill	1:44.67	(4)	3:32.96	(2)	5:23.23	(2)	**7:13.65**		8
			(s)	CASSON Jennifer			1:48.29	(2)	1:50.27	(1)	**1:50.42**	(4)	
					1.42		1.86		0.44		**2.47**		
3	6	AUS	(b)	POUND Sarah	1:44.37	(2)	3:33.66	(5)	5:24.29	(4)	**7:13.84**		9
			(s)	NESBITT Georgia			1:49.29	(6)	1:50.63	(2)	**1:49.55**	(3)	
					1.12		2.56		1.50		**2.66**		
4	5	USA	(b)	CAVALLO Christine	1:45.54	(6)	3:34.32	(6)	5:25.09	(5)	**7:13.96**		10
			(s)	SECHSER Michelle			1:48.78	(=4)	1:50.77	(4)	**1:48.87**	(2)	
					2.29		3.22		2.30		**2.78**		
5	3	SUI	(b)	MERZ Patricia	1:43.25	(1)	3:31.10	(1)	5:22.79	(1)	**7:16.90**		11
			(s)	ROL Frederique			1:47.85	(1)	1:51.69	(5)	**1:54.11**	(6)	
											5.72		
6	1	RSA	(b)	McCANN Kirsten	1:44.86	(5)	3:33.28	(4)	5:25.44	(6)	**7:17.92**		12
			(s)	GROBLER Ursula			1:48.42	(3)	1:52.16	(6)	**1:52.48**	(5)	
					1.61		2.18		2.65		**6.74**		

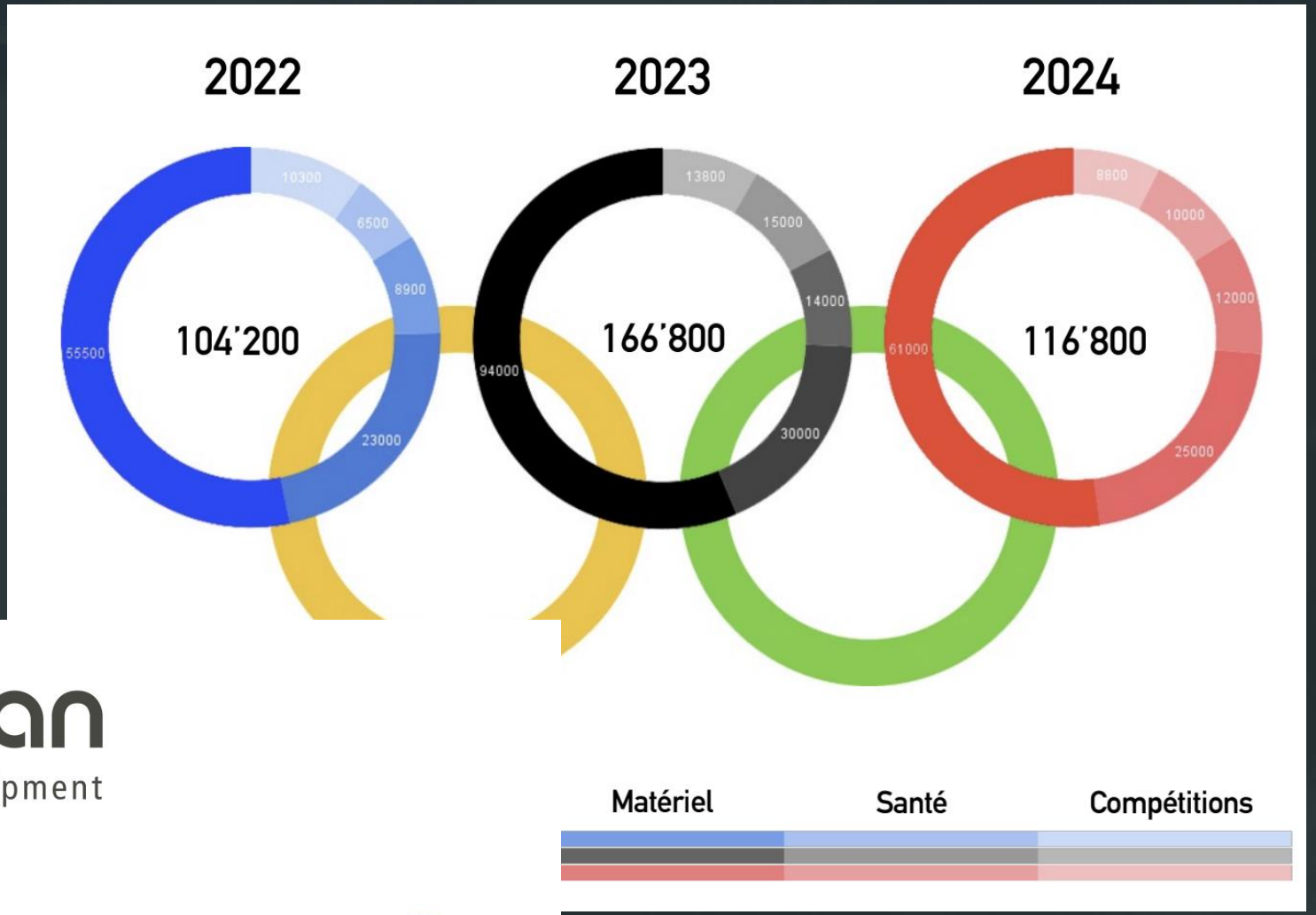


Carrière duelle

- Etudes secondaires à Pully
- Gymnase de la Cité
  - Gymnase Bilingue allemand
- Bachelor en Média et Communication, Université de Zürich
- Master en Online Buiness, HSLU Lucerne
- Swiss Triathlon, responsable de la relève
- CAS préparation mentale, Unil Lausanne

Success in motion

Finances & Sponsoring



thermoplan
Swiss Quality Coffee Equipment

CREDIT SUISSE

doppel2er
rennruderboote & zubehör

See-Club Zug
1882

Aide sportive
TeamSuisse

VAUD
GÉNÉRATIONS
CHAMPIONS

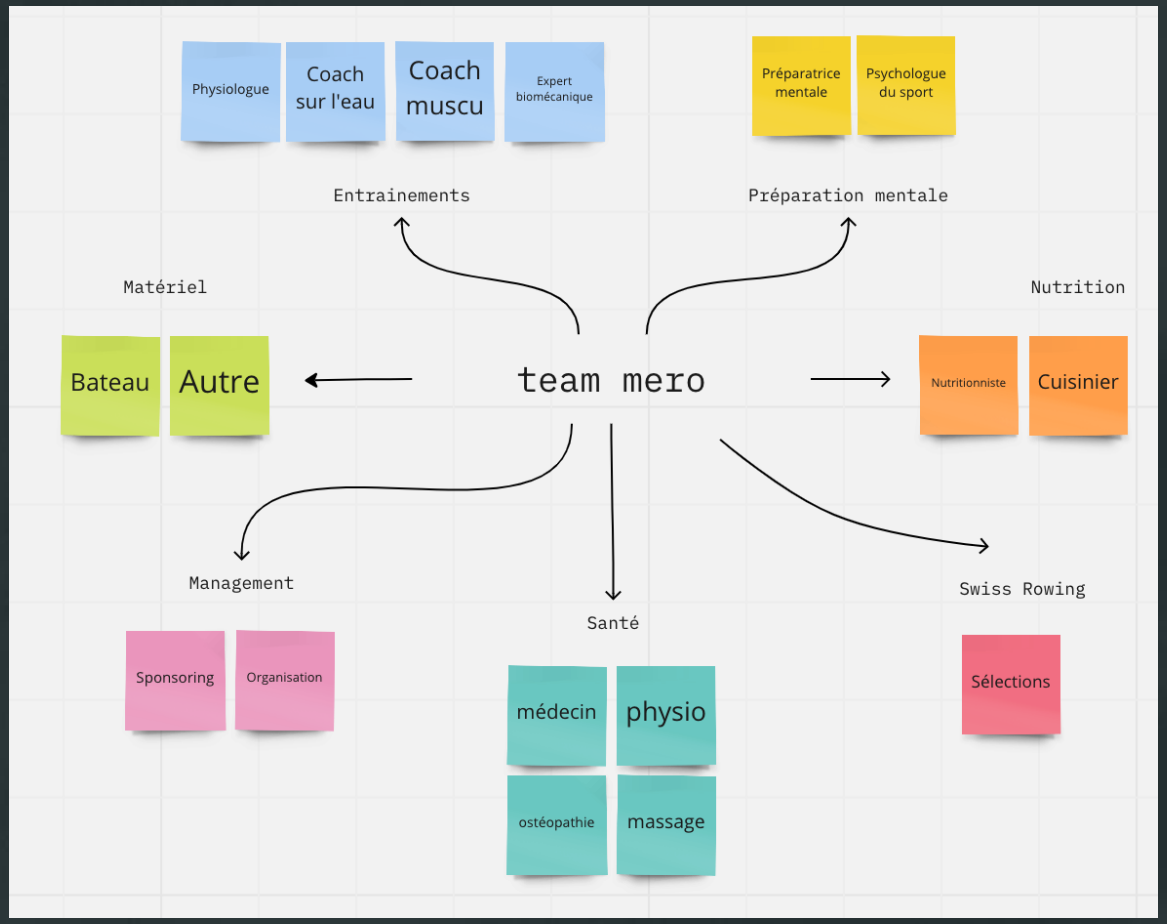
FONDS
DU SPORT
VAUDOIS

LOTERIE ROMANDE

LAUSANNE-SPORTS
aviron

Success in motion

Toute une équipe au quotidien





Success in motion


erima
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SWISS ROWING TEAM






"Gold"
金
"Power"
力
力
必勝スイス
早






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Des questions ?

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