



Photo credit: Naomi Baker

## TAKE YOUR ROWING FURTHER!

### WOMEN'S TRAINING DAYS!

British Rowing's England Talent Pathway Team will be holding Women's Training workshop this December. Focusing on using Strength & Conditioning to improve power, boat speed and help women rise up the rowing pathway.

The England Talent Pathway works with coaches and rowers to help them develop. At the workshop, you'll work with experienced strength & conditioning coaches from across England to learn how rowers can reach their full potential whilst coaches can learn techniques to take back to their squad.

Coaches can attend with a rower or individual rowers can attend if they meet the criteria below. Head to the England Talent Pathway page at [britishrowing.org/englandtalentpathway](http://britishrowing.org/englandtalentpathway) to find out more.

#### MINIMUM CRITERIA



Ergo: 2k of below 7:50 or  
1k Rate 24 of below 3:55

10am - 2pm

Sunday, 27 January 2019  
University of Bristol