



# WOMEN'S TRAINING DAYS

## Strength & Conditioning!

Katie Ball on behalf of British Rowing's Performance Talent Team will be holding a Women's Training Day focusing on Strength & Conditioning. Maximising power output to make the boat go faster!

The Performance Talent programme works with coaches and rowers to help them develop. At the workshop, you'll work with an experienced S&C coach to learn how rowers can reach their full potential whilst coaches can learn techniques to take back to their squads.

Coaches are encouraged to attend with their rower; however, rowers may attend individually. Head to the Performance Talent page at [britishrowing.org](http://britishrowing.org) to find out more or contact Katie on [row.indoors@gmail.com](mailto:row.indoors@gmail.com) / 07956 435 489.

### MINIMUM CRITERIA



174CM



AGE  
15-U23



Ergo: 2k of below 08:00

10:00 – 16:00

Saturday, 30 November 2019

Anglia Ruskin University

