



# WOMEN'S TRAINING DAYS

## Strength & Conditioning!

British Rowing's Performance Talent Coach, Richard Poole 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 experienced coaches from across England 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 contacting [richard.poole@britishrowing.org](mailto:richard.poole@britishrowing.org).

### MINIMUM CRITERIA



Ergo: 2k of below 08:00

10:00 – 16:00

Sunday, 29 March 2020

Cranbrook School

