



WOMEN'S TRAINING DAYS

Strength & Conditioning!

Ben Wellburn 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 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 to find out more or contacting Ben at b.wellburn@herefordcs.com or 07724 728437.

MINIMUM CRITERIA



Ergo: 2k of below 08:00

10:00 – 16:00

Sunday, 8 March 2020

Hereford Cathedral School

