



WOMEN'S TRAINING DAYS

Strength & Conditioning!

Rachel Hooper 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 to find out more or contacting Rachel at hooper_rachel@hotmail.com or 07731 747 548.

MINIMUM CRITERIA



Ergo: 2k of below 08:00

10:00 – 16:00

Sunday, 29 March 2020

The Grange School, Northwich

