

# Champion of the Thames RC – Coaching Workshops

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## Workshop No. 4 Training Plans

Time: Monday 16<sup>th</sup> January 2012, 20:15-21:45

Venue: St. Andrews Hall, St Andrew's Road, Chesterton, Cambridge CB4 1DH

### Content

This workshop will explore how to create training plans that will help crews and individuals to maximise their potential and achieve their goals. Content will include

- Overview of energy systems
- Using energy systems to create structured training plans
- How to read (and write) training plan “shorthand”
- Periodisation – breaking plans into manageable chunks
- Goal setting, targets and monitoring
- Tailoring plans for individuals

### Who is the workshop for?

This workshop is aimed at anyone who wants to learn more about how to make their training more effective – coaches, boat organisers, rowers (so everyone really....).

### Is there a cost?

The workshops are free – Champs will cover the cost of the room hire.

### How do I get involved?

Please sign up using the google docs form below, so I have an idea of numbers:

<https://docs.google.com/spreadsheet/viewform?formkey=dFRoRUV6NExJanFnM2pZUWpsbFRYbXc6MQ>

or you can email me to confirm attendance, but you are welcome to turn up on the day without pre-booking.

Brian Corbett

Coaching Development Officer

Champion of the Thames RC

07769 651216

[brian@corbett.org.uk](mailto:brian@corbett.org.uk)