



TEAM **K**EANE

Team Keane High Performance Rowing Camp 2020
Delivered by Peter Haining MBE

TIMETABLE & SCHEDULE



DAILY SCHEDULE

Registration each day will be taken at 8:30am each day.

Weather permitting, there will be one on-the-water session & one strength & conditioning session each morning with a mid-morning break in between. These start as close to 09:30 as possible and all water sessions are planned to last from 60 to 90 minutes depending on participants' experience and session plan.

A lunch break is around 12:00, with lunch provided.

There will be a further two water sessions in the afternoon with again another mid-afternoon 30min break. The day will conclude at around 16:30 each day with the Coaches debrief.

The afternoon sessions focus on all areas of rowing. This includes seminars from Peter Haining MBE on 'The Rowing Stroke', Strength & Conditioning with instruction on correct weight lifting technique, rigging and equipment set up for optimal performance on the water, and a guest speaker on rowers nutrition & lifestyle balance.

Peter will also be sharing advice and stories from his experience as a High Performance Coach and highly accomplished rower throughout the duration of the rowing camp.



Team Keane is a British Rowing affiliated Rowing Club

TIMETABLE

	8:30	9:00	9:30-11:00	11:30- 12:00	12:00	13:00-14:30	14:30	15:00-16:30
	Arrival	Coaches Briefing	Session 1	Session 2	LUNCH	Session 3	Break	Session 4
MONDAY	Registration (Tea, Coffee & Pastries)	Opening introduction from Paul Keane, into to Team Keane, course content, and safety briefing.	Water Session; initial assessment, with video analysis of each rower.	Strength, Conditioning & Stretching	Rowers & Coaches Debriefing	Seminar: "The rowing Stroke" an insight into the philosophy of the stroke by Peter Haining followed by video analysis of each rower, focused on blade extraction, finish, balance & catch.	Tea, Coffee & Pastries	Water session, with explanation of drills and boat assessment.
TUESDAY		Briefing from Coaches.	Water Session.			Seminar: Boat set up and Rigging by Peter Haining.		Water Session.
WEDNESDAY		Briefing from Coaches.	Water Session.			Seminar: Nutritional advice and lifestyle balance.		Water Session.
THURSDAY		Briefing from Coaches.	Water Session.			Seminar: Strength, Conditioning & how to formulate & utilize a Training Plan by Peter Haining.		Water Session.
FRIDAY		Briefing from Coaches.	Water Session - Time Trials.			Water session with video analysis & debrief & Crew "fine tuning" of each rower.		Closing meeting & group debrief.

Please note that each session plan is subject to change as is the sequencing of the week which may be affected by a number of variables such as athletic ability, weather & river conditions & participant attendance.



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