



Lovely rowing on the Overijsselse Vecht
with rowing tips, tricks, video analysis and local rowing trips!

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Example of rowing and improvement technique program Overijsselse Vecht - NL

- technique improvement in smallest detail depending of level of participant
- video recordings
- extensive analyses and theory
- coaching: two rowers per session
- tailor-made exercises
- Friday to Sunday:
 - 5 rowing sessions of 1 -1.30 hours of which:
 - 3 times coaching
 - 2 times local rowing trip
- Monday till Thursday
 - 7 rowing sessions of 1 -1.30 hours of which:
 - 4 times coaching
 - 3 times rowing trip
- rowing with a stable and lightweight Rowonair 1x
- minimum 4 participants, other to discuss
- starts first day 12.30 hours
- ends last day 17.00 hours
- Languages: English German, Dutch, French
- course fee depending on program and amount of participants

EXAMPLE PROGRAM

Would you like to come with your team or pool of rowers to the Overijsselse Vecht in The Netherlands?

Send an email or just give a call!

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