

Ep. 1: British Rowing

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Synopsis

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British Rowing is the national governing body for rowing, responsible for the training and development of rowers from grass roots level to high performance athletes. GB Rowing Team are champions of success at the Olympic Games, having won a total of 68 medals, including 31 gold, up to and including Rio 2016.

We go behind the scenes to learn some of the secrets of their world-class approach to coaching and training programmes.

Reader's comments

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