

	DEVELOPMENT	PERFORMANCE DEVELOPMENT	PERFORMANCE	WORLD CLASS
AGE	Any!	15-23yrs	21-26yrs	25yrs+
COMPETITION LEVEL	Domestic Events (Classic)	National Events (Classic) Domestic Events (Beach)	National Events (Classic) National Events (Beach)	International Events (Beach)
EVENTS	Tasters / Come & Try Events	- HIR Beach Sprints (U23/Jnr) - Coupe de la Jeunesse	- GB Non-Olympic Classes (CMix4x+) & U19 Events (C1x, C2x & CMix2x) - HIR Beach Sprints (Snr)	- GB Olympic Classes (C1x & CMix2x) - World/Euro Champs & Olympic Games
SCOTTISH ROWING PROGRAMMES		- Beach Sprint Academy - Junior Academy Beach Sprints	- Scottish Rowing Performance Programme - University Performance Partner Programme (University of St Andrews)	GB Olympic Satellite Training Centre (University of St Andrews)
TRAINING DISTRIBUTION	‘Just Row’ Develop sculling skills Develop robustness Develop athleticism Build training history	‘No Specialising’ Compete in Coastal & Classic. Sweep & Sculling encouraged. Develop quality sculling skills. National sculling race experience. Develop athleticism & running skills.	‘Begin Specialising’ Some regular Beach Sprint specific training sessions. Sprinting specific running development & training. Training regularly in Classic programmes	‘Specialist’ Beach Sprint specific training programme. Training occasionally in Classic programmes.
SPECIALISING	Just Row!	10% Coastal Specific	30% Coastal Specific	50% Coastal Specific
TIME ON TASK (avg.)	General Athletic Development	Running/Athleticism – 1 session/week Coastal Hull – 1 day/month Time on Sea – 1 day/month	Running/Athleticism – 2 sessions/week Coastal Hull – 1 day/week Time on Sea – 1 day/week	