

ROWING BLUE: BEGINNER TO BOAT RACE WINNER WITH **BEN DYER**

JULY 3RD, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

In this inspiring webinar, Cambridge Rower Ben Dyer will delve into the challenges he faced transitioning from long-distance runner to university rower and how he surmounted these hurdles to participate in one of the most prestigious boat races in the world. He'll discuss his experience of:



- Training physiology and how it helped him switch from runner to rower
- Working up from Spare to Reserve Crew to Blue Boat in just three seasons
- Being the only “novice” on the Boat Race Squad
- Rowing alongside and learning from Olympians
- Fighting the fatigue brought on by a Crohn’s Disease diagnosis

Visit rigrun.co.uk/recovery-zone
for more details

**INCLUDES PRIZE DRAW ENTRY TO
WIN A QTREDNRRY BLUETOOTH
ROWING MACHINE COUNTER**



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join the webinar!

