RA50

Lawn bowls after 50: what do you want your training to help you do?

A bowl that finishes just where you wanted it. A close game. A chat with friends when the last end is over.

You might play for the company, enjoy club competitions, or be thinking about returning after a break.

You do not need to have a problem to be interested in training.

RA50 starts with a simple question:

What would you like strength or fitness training to help you do in bowls?

What does your game ask of you?

The delivery is a familiar movement, but it still asks you to control your body as you step and release the bowl. How you get into position, make the delivery and stand back up is useful context for a conversation about training.

Do you play indoors or outdoors? How often? Do you use a bowling aid or a particular delivery style? There is no need to change something that works for you simply because you are considering personal training.

Small studies of experienced older bowlers show that delivery balance can relate to experience, and that movement can vary with the type and speed of the delivery. These studies help describe the action. They do not establish what every recreational bowler over 50 needs from training.





What physical qualities could support your bowls?

Depending on your goals and starting point, Andrew could explore strength, balance and movement control, or the fitness needed to move around during a game and handle your equipment.

That does not mean those areas need improving just because you play bowls. What feels comfortable already, and is there anything you would like to feel easier?

A general fitness assessment can help establish your physical starting point. It does not judge your delivery technique or your ability to read the green.



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Train for what matters to you

One player might want to feel more comfortable getting into their delivery position and standing back up. Another might want to build general strength while keeping their usual games in the diary. Someone returning after time away might want help finding a sensible starting point.

Andrew's role is physical preparation around your bowls. Advice on delivery technique, line, weight or tactics belongs with a bowls coach.

If you choose RA50 Personal Coaching, Andrew will use your goals, current activity and the information gathered during onboarding to build your programme. Exercises and progression would be chosen for you and fitted around your bowls and other commitments.

The aim is preparation that suits your life. It does not guarantee more accurate deliveries, better match results or freedom from injury.

You don't need to arrive with a training plan

You do not need to know which exercises to ask for. Andrew can help you explore where to start.



Start with your free RA50 Roadmap

The RA50 Roadmap is a short conversation about your goals, current activity and whether we are the right fit for each other.

There's no workout or fitness test during the Roadmap. If you decide to continue, we'll complete the relevant screening before physical training or testing and discuss the next step.

We can discuss personal coaching, an optional RA50 Capability Assessment, or a combination that suits your aims.

No pressure. No obligation. Just a useful place to start.

Want to explore how training could support your bowls?

START YOUR FREE RA50 ROADMAP

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Sources

Sayers, Tweddle and Morris: balance control during the delivery stride in competitive older lawn bowlers, 2015.

Sayers and colleagues: bowling velocity and movement variability in experienced older lawn bowlers, 2019.