



Summer Training Schedule 2019

Sessions will be on the below schedule from Thursday 25th July
There will be no Land Training/Stretching over the summer schedule period
There will be No training on 26th August - Bank Holiday Monday

Sunday

No Training AM or PM

Monday

No AM training

6pm – 7pm – Bronze through to Platinum

7pm – 8pm – Both Regional Squads, County Youth, County Age Group & Competition Squad

Tuesday

6am - 7am Master only & 18+ (Erica to be informed)

6.05pm – 7.05pm – Both Regional Squads, County Youth, County Age Group & All Performance Juniors

Wednesday

6am -7am Gold A upwards

Thursday

6am -7am - Masters as normal

6pm – 7pm – Rookies through to Platinum

7pm – 8pm – All other squads

Friday

6pm - 7pm – Both Regional squads, County Youth & Performance Early and Platinum

7pm - 8pm – Age Group, Competition Squad and Performance Late

Saturday

AM - Masters at usual time

Fitness & Seniors please speak with Erica about sessions to attend

Full training programme will resume on Thursday 22nd August 2019.