

HALF TERM TRAINING SCHEDULE 18TH FEBRUARY – SUNDAY 24TH FEBRUARY 2019

Squad/ Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elites	AM	07:00-09:00 C	07:00-09:00 C		07:00-09:00 C	07:00-09:00 C	Basildon	10:00-11:30 Gym
	PM	19:00-21:00 C	17:00-19:00 C	19:00-21:00 C	18:30-20:00 Gym	18:00-19:30 C		
Minimes	AM	07:00-09:00 C	07:00-09:00 C		07:00-08:00 C	07:00-09:00 C	6:00-7:30 C	
	PM	19:00-21:00 C	17:00-19:00 C	19:00-21:00 C		18:00-19:30 C		
Juniors	AM	07:00-09:00 C	07:00-09:00 C		07:00-09:00 C	07:00-09:00 C	6:00-7:30 C	10:00-11:30 Gym
	PM	19:00-21:00 C	17:00-19:00 C	19:00-21:00 C	18:30-20:00 Gym	18:00-19:30 C		
Benjamins	AM		06:00-07:00 C		08:00-09:00 C	06:00-07:00 C	07:30-08:30 C	
	PM	18:00-19:00 C			19:30-20.30 C	17:00-18:00 C		19:00-20:00 C
Cadets	AM						06:00-07:30 C	
	PM	17:00-18:00 C	19:00-20:30 C			19:30-20:30 C		18:00-19:00 C
Masters	AM	06:00-07:00 C	06:00-07:00 C		06:00-07:00 C	06:00-07:00 C		
	PM	20:00-21:00 GP	19:00-20:30 C			19:30-20:30 C		17:00-18:00 GP
Seniors	PM	20:00-21:00 GP	19:00-20:30 C			19:30-20:30 C		17:00-18:00 GP
Poussins	PM	16:00-17:00 C	16:00-17:00 C			16:00-17:00 C		18:00-19:00 C
Avenirs	PM	16:00-17:00 C	16:00-17:00 C			16:00-17:00 C		

Key

C = College GP = Grange Paddocks