Normal trai	ning week- Medium)					
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		4 X10 mins 9/1 @ 20/26 7/3 @ 20/26 5/5 @ 20/26 1/9 @ 20/26	Novices Tech Session Senior 60min U2 @ 22	3x 3km @ 24 26 28		3x3km Realistic crews Times recorded	
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP		AP, AF, EV, RP	
PM	Erg- Group 1	Erg- Group 2	Spin class @	<u>U17/18</u> -Run	U17/18- Cross fit		
	Run- Group 2	Run- Group 3	City fitness	Novice/U16 Land Training	Erg-Group 3		
				Team meeting	Run- Group 1		
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes	Last week of term						
Erg	4X 8mins 5mins rest 1st 22 rating 2nd 24 rating 3rd 26 rating 4th Open						