

Normal training week- Hard							
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		<u>Bungees</u>  8x 4 mins on/3mins off @ 24	15 min Tech + 45min U2 @ 4'1' @ 20/24	4 X 8mins 9/1 7/3 5/5 3/7 @ 20/24		Senior Mini Camp	Senior Mini Camp
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP		AP, AF, EV, RP	
PM	Erg- Group 1  Run- Group 2  <u>U18/17</u> CrossFit	Erg- Group 2  Run- Group 3	Spin class @ City fitness	<u>U17/18-</u> Erg  <u>Novice/U16</u> Land Training  Team meeting	U17/18- Cross fit  Erg-Group 3  Run- Group 1		
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes	ERG 2 x 19min Pyramids 4,3,2,1,2,3,4 Min Changes @ 1 <sup>st</sup> - 20/22/24/26/24/22/20 (8mins Rest) 2 <sup>nd</sup> - 22/24/26/28/26/24/22						