26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		2 x20Mins @ 5/5/5/5 mins 20/22/24/22	10min warm up 3x 3kms @ 1st 20 2nd 22 3rd 24	60min U2 4/1 mins @ 20/26		Novices 8KM + Tech Seniors 15KM + tech	
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	Focus- Long connected strokes. Hanging from the catch with straight arms. Not lifting with the shoulders or back, instead driving by engaging the glutes. Erg- Novices- 2x15 min 5/5/5 @ 18/20/22 5 mins at each.						
	Seniors 3x 25mins 5/5/5 @ 20/22/24						