

Normal training week- Hard							
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		<u>Novices</u> Racing starts + plus 500 Mtrs  Seniors 6x1KM @ 28	<u>Novices</u> Racing starts + Tech <u>Seniors</u> Bungees 6x Starts + 500 Mtrs	60min U2 4/1 mins @ 20/26		Bennet Shield!	
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP			
PM	Erg- Group 1  Run- Group 2	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	30mins erg 10 splits up 2KM time. Novice Racing starts- $\frac{3}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ Full. 20 Legs, 10 catches, 10 slide control, 10 to settle onto pace.						