

Normal training Week- Light							
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Bungees 3on/3 off 2on/2 off 1 on/1off X 2	35min U2 work  +  Drills	45mins U2  +  Drills		Novices 8km plus tech  Seniors 17km Plus tech	
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP		AP, AF, EV, RP	
PM	Cross fit  Erg- Group 1  Run- Group 2	Erg- Group 2  Run- Group 3	Spin class @ City fitness	<u>2km testing</u> All Must attend.  Team meeting	U17/18- Cross fit  Erg-Group 3  Run- Group 1		
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes	Bus leaving Westend 7:30 for junior exams on Tuesday and Wednesday						