18 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Novices 6x3mins on 2mins off X2	Seniors 6-8x 1km With racing starts	Racing starts + 45mins pacing		Regatta	Regatta
		Seniors 6-8x 1km With racing starts	Novices 6-8x 1km With racing starts				
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP			
PM	Erg- Group 1 Run- Group 2 U17/18 Cross fit	Erg- Group 2 Run- Group 3	Spin class @ City fitness	U17/18-Run  Novice/U16 Land Training  Team meeting	U17/18- Cross fit Everyone else meeting at school at 3PM for regatta	Regatta	Regatta
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes	Bus time is back to normal Boat loading Thursday afternoon.						