

Normal training week- Hard							
17 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		2x15mins 5/5/2/2/1 @ 22/24/26/28/30	<u>Novices</u> 45min U2 4/1 @ 22/28 Seniors 60 U2 4/1 @ 22/28	<u>Big Warm up</u> <u>Bungees</u> 20x1 min on/1 min off		3x3km races @ 1 st - 24 2 nd - 26 3 rd - 28	
Coaches							
PM	Erg- Group 1 Run- Group 2 U17/18 Cross fit	Erg- Group 2 Erg- Group 3	Spin Session City Fitness	U17/18-erg Novice/U16 yoga Team meeting	U17/18- Crossfit Erg- Group 3 Run- Group 1		
Coaches							
Notes	Erg: 2 x 19min castle 2/1/2/1/2/1/2/1/2/1/1 @ 22/24/22/24/22/24... Yoga will be focusing on hip opening and flexibility						