

Normal training week- light							
15 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		60min U2 @ 24  Goal is to hold onto changes made at camp	4x 10mins @ 22 24 26 28	60 min U2 @ 24		<u>Seniors Full L.O.D</u>  <u>Novices Half L.O.D</u>	
Coaches							
PM	Erg- Group 1  Run- Group 2	Erg- Group 2  Run- Group 3	<i>Spin class @ City fitness</i>	<u>U17/18</u> -Run  <u>Novice/U16</u> Land Training  Team meeting	U17/18- Cross fit  Erg-Group 3  Run- Group 1		
Coaches							
Notes	Erg: 30mins at 2km time + 15 sec.  <i>Half day Wednesday- Spin remains at normal time.</i>  <u>Be at Westend by 6:30</u>						