

Date			Land Training	Time	Squad
Tue	3	Jan	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	5	Jan	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	6	Jan	spinning	06.00-06.25	Perf & Pot
Sat	7	Jan	spinning	08.00-08.25	Perf & Pot
Sun	8	Jan	spinning	18.15-18.45	Perf & Pot
Mon	9	Jan	spinning	06.00-06.25	Perf & Pot
Tue	10	Jan	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	12	Jan	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	13	Jan	spinning	06.00-06.25	Perf & Pot
Sat	14	Jan	spinning	08.00-08.25	Perf & Pot
Sun	15	Jan	spinning	18.15-18.45	Perf & Pot
Mon	16	Jan	spinning	06.00-06.25	Perf & Pot
Tue	17	Jan	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	19	Jan	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	20	Jan	spinning	06.00-06.25	Perf & Pot
Sat	21	Jan	spinning	08.00-08.25	Perf & Pot
Sun	22	Jan	spinning	18.15-18.45	Perf & Pot
Mon	23	Jan	spinning	06.00-06.25	Perf & Pot
Tue	24	Jan	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	26	Jan	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	27	Jan	flexibility	06.00-06.25	Perf & Pot
Sat	28	Jan	<b>ZONALS</b>		
Sun	29	Jan	<b>ZONALS (COACHES MTG)</b>		
Mon	30	Jan	spinning	06.00-06.25	Perf & Pot
Tue	31	Jan	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	2	Feb	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	3	Feb	spinning	06.00-06.25	Perf & Pot
Sat	4	Feb	spinning	08.00-08.25	Perf & Pot
Sun	5	Feb	spinning (or coaches mtg deffered from 29/01)	18.15-18.45	Perf & Pot
Mon	6	Feb	spinning	06.00-06.25	Perf & Pot
Tue	7	Feb	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	9	Feb	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	10	Feb	spinning	06.00-06.25	Perf & Pot
Sat	11	Feb	spinning	08.00-08.25	Perf & Pot
Sun	12	Feb	spinning	18.15-18.45	Perf & Pot
Mon	13	Feb	spinning (other LT for Development)	08.00-08.25	Perf & Pot
Tue	14	Feb	stretch cords, core and shoulder stability	20.00-20.30	Perf
Wed	15	Feb	spinning (other LT for Development)	08.00-08.25	Perf & Pot
Thu	16	Feb	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	17	Feb	flexibility	08.00-08.25	Perf & Pot
Sat	18	Feb	<b>SOMERSETS</b>		
Sun	19	Feb	<b>SOMERSETS</b>		
Mon	20	Feb	kalesthenics	06.00-06.25	Perf & Pot
Tue	21	Feb	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	23	Feb	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	24	Feb	kalesthenics	06.00-06.25	Perf & Pot
Sat	25	Feb	kalesthenics	08.00-08.25	Perf & Pot
Sun	26	Feb	spinning	18.15-18.45	Perf & Pot
Mon	27	Feb	kalesthenics	06.00-06.25	Perf & Pot
Tue	28	Feb	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	1	Mar	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	2	Mar	flexibility	06.00-06.25	Perf & Pot
Sat	3	Mar	<b>SOMERSETS</b>		
Sun	4	Mar	<b>SOMERSETS</b>		
Mon	5	Mar	kalesthenics	06.00-06.25	Perf & Pot
Tue	6	Mar	stretch cords, core and shoulder stability	20.00-20.30	Perf

Thu	8	Mar	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	9	Mar	flexibility	06.00-06.25	Perf & Pot
Sat	10	Mar	<b>SOMERSETS</b>		
Sun	11	Mar	<b>SOMERSETS</b>		
Mon	12	Mar	Plyometrics	06.00-06.25	Perf & Pot
Tue	13	Mar	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	15	Mar	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	16	Mar	Plyometrics	06.00-06.25	Perf & Pot
Sat	17	Mar	Plyometrics	08.00-08.25	Perf & Pot
Sun	18	Mar	spinning	18.15-18.45	Perf & Pot
Mon	19	Mar	Plyometrics	06.00-06.25	Perf & Pot
Tue	20	Mar	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	22	Mar	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	23	Mar	Plyometrics	06.00-06.25	Perf & Pot
Sat	24	Mar	<b>SERAING GRAND PRIX</b>		
Sun	25	Mar	COACHES MTG		
Mon	26	Mar	Plyometrics	06.00-06.25	Perf & Pot
Tue	27	Mar	stretch cords, core and shoulder stability	20.00-20.30	Perf
Thu	29	Mar	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	30	Mar	Plyometrics	06.00-06.25	Perf & Pot
Sat	31	Mar	spinning	08.00-08.25	Perf & Pot
Sun	1	Apr	Plyometrics	18.15-18.45	Perf & Pot
Mon	2	Apr	spinning	08.00-08.25	Perf & Pot
Tue	3	Apr	stretch cords, core and shoulder stability	20.00-20.30	Perf
Wed	4	Apr	flexibility	08.00-08.25	Perf & Pot
Thu	5	Apr	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	6	Apr	EASTER		
Sat	7	Apr	EASTER		
Sun	8	Apr	EASTER		
Mon	9	Apr	EASTER		
Tue	10	Apr	stretch cords, core and shoulder stability	20.00-20.30	Perf
Wed	11	Apr	spinning	08.00-08.25	Perf & Pot
Thu	12	Apr	stretch cords, core and shoulder stability	19.00-19.30	Perf & Pot
Fri	13	Apr	spinning	08.00-08.25	Perf & Pot