



Christmas Training Schedule 2018

Last full training session will be Friday 21st December – after this date the following training schedule will apply for the Christmas period

Land Training will finish on Thursday 20th December and resume Thursday 3rd January

Saturday 22nd December

Masters only – 8am – 9am

Sunday 23rd December - 12.30pm – 2pm

All squads except rookie

12.30-1.30pm Bronze

12.30-2 pm All others including University

24th, 25th 26th December – no training

Thursday 27th December

AM – Masters Only 6am – 7am

PM - 4-6pm

4-5pm Rookies, Bronze, Silver A and b, Gold A and B, Platinum

5-6 pm Performance Junior squads, Competition Squad, County Age Group, County Youth, Regional Development, Regional Seniors , Seniors A and B

Friday 28th December - 4-6pm

4-5pm Platinum, Performance Junior Squads, Competition Development

5-6pm Seniors A and B, Regional Seniors, Regional Development, County Youth and County Age Group

Saturday 29th December

Masters Only – 8am – 9am

Sunday 30th December - 12.30-2pm

All squads except rookie

12.30-1.30pm Bronze

12.30-2 pm All others including University

Monday 31st December and Tuesday 1st January no training

Weds 2nd Jan –

Lee only 1 lane 6-7am

Full training programme will resume on Thursday 3rd January 2019