

Christmas Training Timetable 2016

Date		Morning	SENIOR ELITE	SENIOR PERF.	SENIOR SQUAD	JUNIOR ELITE	JUNIOR PERF.	HIGH ACH. 1	HIGH ACH. 2	HIGH ACH. 3	GREEN ACH.	BLUE ACH.	RED ACH.	RECEP. ACH. 1	RECEP. ACH. 2	JUNIOR CLUB 2	JUNIOR CLUB 1	MASTER
19th	Mon	XXX	Training As Normal															
20th	Tue		Training As Normal															
21st	Wed		Training As Normal															
22nd	Thu		Training As Normal															
23rd	Fri	As Normal	4.00-5.45pm	4.00-5.45pm	4.00-5.45pm	4.00-5.45pm	XXX	XXX	XXX	XXX	5.45-7pm	5.45-7pm	5.45-7pm	5.45-7pm	5.45-7pm	XXX	XXX	As Normal
24th	Sat	As Normal	6-8am	XXX	XXX	6-8am	8-10am	8-10am	8-10am	8-10am	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
28th	Wed	See Details	5-7am & 3-4.45pm	7.00-8.30am & 3-4.45pm	7.00-8.30am	5-7am & 3-4.45pm	7.00-8.30am	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	AM Only
29th	Thu	See Details	5-7am & 3-4.45pm	3.00-4.45pm	3.00-4.45pm	5-7am & 3-4.45pm	7.00-8.30am				XXX	XXX	XXX	XXX	XXX	XXX	XXX	AM Only
30th	Fri	See Details	3.00-4.45pm	5-7am & 3-4.45pm	5-7am	3-4.45pm	7.00-8.30am				XXX	XXX	XXX	XXX	XXX	XXX	XXX	AM Only
31st	Sat	As Normal	6-8am	XXX	XXX	6-8am	8-10am				XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
3rd	Tue		Training As Normal															
4th	Wed		Training As Normal															

Notes:

All sessions are at Coventry unless stated

Training as normal up to and including Thursday 22nd December

Everything back to normal on Tuesday 3rd January