



Pre-Christmas Training Block (S&C)

WEEK 1	MONDAY 12/11/2018	TUESDAY 13/11/2018	WEDNESDAY 14/11/2018	THURSDAY 15/11/2018	FRIDAY 16/11/2018	SATURDAY 17/11/2018	SUNDAY 18/11/2018
TRAINING TIME	10 + 20 min		45min	10 + 20 min		Approx 30min	
LOCATION	St Pats	Weights / 16s	Mars Stadium	St Pats	Weights	Own Session	Recovery
	Training/Conditioning	Weights	Conditioning/Skills	Training/Conditioning	Weights	Ride: 5 min warm up 8 x 20s on/20s off 5 x 1 min @ 70% 30s rest 8 x 20s on/20s off 5 min cool down Swim: 10 x 25m Warm Up 8 x 25m @100% 8 x 25m easy 10 x 25m Cool Down	REST
Week 2	MONDAY 19/11/2018	TUESDAY 20/11/2018	WEDNESDAY 21/11/2018	THURSDAY 22/11/2018	FRIDAY 23/11/2018	SATURDAY 24/11/2018	SUNDAY 25/11/2018
TRAINING TIME	10 + 20 min		2 hours	10 + 20 min		Approx 30min	
LOCATION	St Pats	Weights / 16s	Mars Stadium	Mars Stadium	Weights	Own Session	Recovery
	Training/Conditioning	Weights	Conditioning/Skills	Training/Conditioning	Weights	Ride: 5 min warm up 10 x 20s on/20s off 4 x 1 min @ 70% 30s rest 10 x 20s on/20s off 5 min cool down Swim: 10 x 25m Warm Up 10 x 25m @100% 10 x 25m easy 10 x 25m Cool Down	REST
WEEK 3	MONDAY 26/11/2018	TUESDAY 27/11/2018	WEDNESDAY 28/11/2018	THURSDAY 29/11/2018	FRIDAY 30/11/2018	SATURDAY 1/12/2018	SUNDAY 2/12/2018
TRAINING TIME	10 + 20 min		2 hours	10 + 20 min		Approx 30min	
LOCATION	St Pats	Weights / 16s	Mars Stadium	Mars Stadium	Weights	Own Session	Recovery
	Training/Conditioning	Weights	Conditioning/Skills	Training/Conditioning	Weights	Ride: 5 min warm up 8 x 30s on/30s off 3 x 1 min @ 70% 30s rest 8 x 30s on/30s off 5 min cool down Swim: 10 x 25m Warm Up 5 x 50m @100% 5 x 25m easy 10 x 25m Cool Down	REST
WEEK 4	MONDAY 3/12/2018	TUESDAY 4/12/2018	WEDNESDAY 5/12/2018	THURSDAY 6/12/2018	FRIDAY 7/12/2018	SATURDAY 8/12/2018	SUNDAY 9/12/2018
TRAINING TIME	10 + 20 min		2 hours	10 + 20 min		Approx 30min	All Day
LOCATION	St Pats	Weights / 16s	Mars Stadium	Mars Stadium	Weights	Recovery	@St Pats
	Training/Conditioning	Weights	Conditioning/Skills	Training/Conditioning	Weights	REST	Testing and education Day 20m Sprint Agility VJ + RVJ Yo-Yo IR2
WEEK 5	MONDAY 10/12/2018	TUESDAY 11/12/2018	WEDNESDAY 12/12/2018	THURSDAY 13/12/2018	FRIDAY 14/12/2018	SATURDAY 15/12/2018	SUNDAY 16/12/2018
TRAINING TIME	10 + 20 min		2 hours	10 + 20 min		Approx 30min	
LOCATION	St Pats	Weights / 16s	Mars Stadium	Mars Stadium	Weights	Own Session	Recovery
	Training/Conditioning	Weights	Conditioning/Skills	Training/Conditioning	Weights	Ride: 5 min warm up 10 x 30s on/30s off 3 x 1 min @ 70% 30s rest 10 x 30s on/30s off 5 min cool down Swim: 10 x 25m Warm Up 7 x 50m @100% 7 x 25m easy 10 x 25m Cool Down	REST