

DEVELOPMENT STREAM

MON	TUES	WED	THUR	FRID
06:30–08:00 Training		06:30–08:00 Training		
	16:00-17:30 Training			16:00-17:30 Training
	17:30-18:00 Movement			17:30-18:00 Conditioning

PERFORMANCE STREAM

MON.	TUES	WED	THUR	FRID
	06:30–08:00 Training		06:30-07:30 Aerobic	06:30–08:00 Training
16:00-18:00 Training		16:00-18:00 Training	16:00-18:00 Training	
		18:15-19:15 Injury Insurance		

HIGH PERFORMANCE STREAM

MON.	TUES	WED	THUR	FRID
	06:30–08:00 Training		06:30-07:30 Aerobic	06:30–08:00 Training
16:00-17:00 Gym		16:00-18:00 Training	16:00-18:00 Training	
17:00-18:00 Training		18:15-19:15 Injury Insurance		