



Summer Training Schedule Revised 10 August 2011



The training regime for the next few weeks over the Summer holiday period shall be as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Commencing 1 st August	H	O	L	I	D	A	Y
Week Commencing 8 th August	FIPRE 5.00-7.00pm (Dolphins upwards)				FIPRE 5.00-7.00pm (Dolphins upwards)	COWDENBEATH 4.30-5.30pm Transition Squad 5.30-6.30pm Seals/Dolphins Squads	
Week Commencing 15 th August	LOCHGELLY HS 4.30-5.30pm Transition Squad 5.30-6.30pm Seals/Dolphins Squads 4.30-6.30pm All Remaining Squads				LOCHGELLY HS 4.30-5.30pm Seals/Dolphins Squads 4.30-6.30pm All Remaining Squads above Dolphins.	COWDENBEATH 4.30-5.30pm Transition Squad 5.30-6.30pm Seals/Dolphins Squads	
Week Commencing 22 nd August	LOCHGELLY HS 4.30-5.30pm Transition Squad 5.30-6.30pm Seals/Dolphins Squads 4.30-6.30pm All Remaining Squads				LOCHGELLY HS 4.30-5.30pm Seals/Dolphins Squads 4.30-6.30pm All Remaining Squads above Dolphins.		LOCHGELLY HS 9.00-11.00am All Squads
Week Commencing 29 th August Normal Training Programme resumes	THE WING 6.00-8.00pm		THE WING 6.00-8.00pm	THE WING 6.00-8.00pm	LOCHGELLY HS 4.30-6.30pm		LOCHGELLY HS 9.00-11.00am