

## Summer Training Schedule 2009

DATE	TIME	WHATS HAPPENING	OTHER NOTES
21 <sup>ST</sup> May 09	1800 until 1930	Warm up Bleep test Touch rugby + skills	
28 <sup>TH</sup> May 09	<b>NO TRAINING</b>	<b>HALFTERM</b>	<b>NO TRAINING</b>
4 <sup>th</sup> June 09	1800 until 1930	Warm up Circuit training Ball sport	
<b>11<sup>th</sup> June 09</b>	<b>1800 until 1930</b>	<b>Warm up</b> <b>Sprint Training</b> <b>Touch rugby + skills</b>	
18 <sup>th</sup> June 09	1800 until 1930	Warm up Circuit training Touch rugby + skills	
<b>25<sup>th</sup> June 09</b>	<b>1800 until 1930</b>	<b>Warm up</b> <b>Sprint training</b> <b>Ball Sport</b>	
2 <sup>nd</sup> July 09	1800 until 1930	Warm up Bleep test Touch rugby + skills	
9 <sup>th</sup> July 09	1800 until 1930	Warm up Circuit training Ball Sport	
<b>16<sup>th</sup> July 09</b>	<b>1800 until 1930</b>	<b>Warm up</b> <b>Sprint training</b> <b>Touch rugby + skills</b>	
23 <sup>rd</sup> July 09	1800 until 1930	Warm up Circuit training Touch rugby + skills	
30 <sup>th</sup> July 09	1800 until 1930	Warm up Bleep test Touch rugby + skills	