

# SENIOR TRAINING PROGRAM

26TH FEBRUARY - 3RD MARCH

DAY	TIME	SESSION	VENUE
MONDAY	5:00AM	SWIMMING	GCAC
	4:00PM	SKI/BEGINNER SKI*	CLUB
	4:00PM	SWIMMING*	EMF BUNDALL
TUESDAY	5:00AM	SWIMMING	GCAC
	3:00PM	GYM (U17 & UP)	CLUB
	4:00PM	BOARDS	CLUB
WEDNESDAY	5:00AM	RUN	
	5:45AM	SKI	CLUB
	5:45AM	CHANGE OVERS	
THURSDAY	5:00AM	SWIMMING*	GCAC
	3:00PM	GYM (U17 & UP)	
	4:00PM	BOARD (U15 & UP)	CLUB
FRIDAY	4:45AM	BUS LEAVING FOR RUN AFTER SWIMMING	CLUB
	5:00AM	SWIMMING	GCAC
	4:00PM	SPRINTS*	CLUB
SATURDAY	5:00AM	SKIS	
	6:00AM	IRONS	CLUB

**THURSDAY 5:45AM - YOGA\* - NIPPER BUILDING**

**\*FOR GENERAL MEMBERS**

*Complete the gym sessions in your own time if you can't attend at 3pm*