

Summer Training Stage 3

FEBRUARY			
15th M am	Hanger 7am Individual based gym programme	M pm	Mount Main Beach 6pm Skills based warm up / Mount Run
16th T am	Hanger 7am Yoga	T pm	Club Training
17th W am	Hanger 7am Individual based gym programme	W pm	Hills / Waipuna Park 6pm Hill Repeats
18th T am	Hanger 7am Skills warm up and Individual based gym programme	T pm	Club Training
19th F am	Hanger 7am Individual based gym programme	F pm	Free
20th S am	Hanger 10am Individual based gym programme (Until Club Pre Season Starts)	S pm	Free
21st S am	Free	S pm	Free
22nd M am	Hanger 7am Individual based gym programme	M pm	Mount Main Beach 6pm Skills based warm up / Mount Run
23rd T	Hanger 7am Yoga	T	Club Training

am	Yoga	pm	Club Training
24th	Hanger 7am Individual based gym programme	W pm	Hills / Papamoa Hills 6pm Hill Repeats
25th	Hanger 7am Skills warm up and Individual based gym programme	T pm	Club Training
26th	Hanger 7am Individual based gym programme	F pm	Free
27th	Hanger 10am Individual based gym programme (Until Club Pre Season Starts)	S pm	Free
28th	Free	S pm	Free
MARCH			
1st	Hanger 7am Individual based gym programme	M pm	Mount Main Beach 6pm Skills based warm up / Mount Run
2nd	Hanger 7am Yoga	T pm	Club Training
3rd	Hanger 7am Individual based gym programme	W pm	Hills / Waipuna Park 6pm Hill Repeats
4th	Hanger 7am Skills warm up and Individual based gym programme	T pm	Club Training

am		pm	
5th	Hanger 7am		
F	Individual based gym programme	F	Free
am		pm	
6th	Hanger 10am		
S	Individual based gym programme (Until Club Pre Season Starts)	S	Free
am		pm	
7th			
S	Rotorua Cross Country Half Marathon	S	Free
am		pm	
8th	Hanger 7am		Mount Main Beach 6pm
M	Individual based gym programme	M	Skills based warm up / Mount Run
am		pm	
9th	Hanger 7am		
T	Yoga	T	Club Training
am		pm	
10th	Hanger 7am		Hills / Papamoa Hills 6pm
W	Individual based gym programme	W	Hill Repeats
am		pm	
11th	Hanger 7am		
T	Skills warm up and Individual based gym programme	T	Club Training
am		pm	
12th	Hanger 7am		
F	Individual based gym programme	F	Free
am		pm	
13th	Hanger 10am		
S	Individual based gym programme (Until Club Pre Season Starts)	S	Free
am		pm	
14th			

14th S am	Free	S pm	Free
15th M am	Hanger 7am Power and Speed Testing	M pm	Hanger 6pm 20m Yo Yo Test L1 and Nutrition / Skinfolds
16th T am	Hanger 7am Strength Testing	T pm	Club Training
17th W am	Hanger 7am Individual based gym programme	M pm	Hanger 6pm 20m Yo Yo Test L1 (WTG / Refs Only) and Skinfolds
18th T am	Hanger 7am Skills warm up and Individual based gym programme	T pm	Club Training
19th F am	Hanger 7am Yoga	F pm	Free
20th S am	Hanger 10am Individual based gym programme (Until Club Pre Season Starts)	S pm	Free
21st S am	Free	S pm	Free