



Temporary Training Timetable

NOVEMBER 2019

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hrs/wk
Performance 1 (P1)	7:00-9:00pm Dereham	8:00-9:00pm Dereham	7:00-9:00pm Dereham	8:00-9:00 Dereham	7:00-7:50pm LT 8:00-9:00/10:00 Dereham		6:00-8:00pm UEA	10
Performance 2 (P2)	7:00-9:00pm Dereham	8:00-9:00pm Dereham	8:00-9:00pm Dereham		7:00-7:50pm LT 8:00-9:00/10:00 Dereham		6:00-8:00pm UEA	8
Performance 3 (P3)		7:00-8:00pm Dereham		8:00-9:00 Dereham	6:00-7:00pm Land training	6:00-8:00am Dereham	5:15-7:15pm Dereham	6
County 1 (C1)		7:00-8:00pm Dereham			6:00-7:00 Land training	6:00-8:00am Dereham	5:15-7:15pm Dereham	5
County 2 (C2)		6:00-7:00pm Dereham				6:00-7:00am Dereham	6:15-7:15pm Dereham	3
Development 1 (D1)		6:00-7:00pm Dereham				7:00-8:00am Dereham	5:15-6:15pm Dereham	3
Development 2 (D2)		5:00-6:00pm Dereham			7:00-8:00pm Dereham		8:00-9:00am Dereham	3
Development 3 (D3)					7:00-8:00pm Dereham		8:00-9:00am Dereham	2
Youth (Y)					8:00-9:00pm Dereham		6:15-7:15pm Dereham	2
Masters (M)							6:15-7:15pm Dereham	1