



Training Timetable

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Hrs/Wk
Elite	7:00-9:00pm	6:30-8:30pm	Land Training 6:30-7:20 7:30-9:00pm	7:00-8:30pm	8:30-10:00pm			6:00-8:00pm Sportspark	11.5
Platinum	7:00-9:00pm		Land Training 6:30-7:20 7:30-9:00pm		8:30-10:00pm			6:00-8:00pm Sportspark	8
Gold		7:30-8:30pm	Land Training 6:30-7:20	5:30-7:00pm		6:45-7:45am	8:00-9:00am		5.5
Silver		6:30-7:30pm	Land Training 6:30-7:20	5:30-6:30pm		6:45-7:45am	8:00-9:00am		5
Bronze			Land Training 6:30-7:20	5:30-6:30pm		6:45-7:45am	8:00-9:00am		4
Masters									