



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	23/2	24/2	25/2	26/2	27/2	28/2	1/3
	Meet @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start (Testing)	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Kiama 7's – squad Newcastle 10's –	
Week 10	2/3	3/3	4/3	5/3		7/3	8/3
	Weights, Conditioning &/or Skills @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start Yo Yo Testing	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Trial – Gordon @ Home	
Week 11	9/3	10/3		12/3		14/3	15/3
	Weights, Testing &/or Skills @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Trial Eastwood @ Home – Grade Colts - Away	
Week 12	16/3	17/3		19/3		21/3	22/3
	Weights, Conditioning &/or Skills @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Senior Squad Training Day – Concord Oval 10am – 5pm	
Week 13	23/3	24/3		26/3		28/3	29/3
	Weights, Conditioning &/or Skills @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Rd 1 – Randwick @	
Week 14	30/3	31/3		2/4		4/4	5/4
	Weights, Conditioning &/or Skills @ Gym 5.30pm Start	Weights & Conditioning @ Concord 5.30pm Start	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Rd 2 – Gordon – Colts @ Concord	Rd 2 – Gordon – Grade @ Chatswood Oval
Week 15	6/4	7/4		9/4		11/4	12/4
	Newington – Weights & Recovery Session. 6.30pm	Weights & Conditioning @ Concord 5.30pm Start	Rest day	Weights & Conditioning @ Concord 5.30pm Start	Recovery Swim & Stretch	Rd 3 Syd Uni	

* Players need to do at least 1 conditioning session outside the Scheduled Program. Apart from Compulsory Club Training, you can pick your days & time to do these.