



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	23/2 Meet @ Gym 6.30pm	24/2 Training: Conditioning Meet @ Concord 6.30pm Start (Testing)	25/2	26/2 Training: Conditioning Meet @ Concord 6.30pm Start	27/2 Own Weights	28/2 Kiama 7's – squad Newcastle 10's –	1/3
Week 10	2/3 Weights, Conditioning &/or Skills @ Gym 6.30pm Start	3/3 Training: Conditioning Meet @ Concord 6.30pm Start – Yo Yo Test	4/3 Own Weights	5/3 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	6/3 Own Weights	7/3 Trial – Gordon @ Home	8/3
Week 11	9/3 Weights, Testing 6.30pm Start	10/3 Training: Conditioning Meet @ Concord 6.30pm Start	11/3 Own Weights	12/3 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	13/3 Own Weights	14/3 Trial Eastwood @ Home	15/3
Week 12	16/3 Weights, Conditioning &/or Skills @ Gym 6.30pm Start	17/3 Training: Conditioning Meet @ Concord 6.30pm Start	18/3 Own Weights	19/3 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	20/3 Own Weights	21/3 Senior Squad Training Day – Concord Oval 10am – 5pm	22/3
Week 13	23/3 Weights, Conditioning &/or Skills @ Gym 6.30pm Start	24/3 Training: Conditioning Meet @ Concord 6.30pm Start	25/3 Own Weights	26/3 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	27/3 Own Weights	28/3 Rd 1 – Randwick @ Home	29/3
Week 14	30/3 Own Weights	31/3 Conditioning @ Concord 6.30pm Start	1/4 Weights, Conditioning &/or Skills @ Gym 6.30pm Start	2/4 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	3/4 Own Weights	4/4	Rd 2 - Gordon
Week 15	6/4 Newington – Weights & Recovery Session.	7/4 Conditioning @ Concord 5.30pm Start	8/4 Own Weights	9/4 Training: Concord 6.30pm <u>5.45pm - 6.30pm Kicking ½ &amp; hooker Clinic</u>	10/4 Own Weights	11/4 Rd 3 Syd Uni	12/4

\* 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.