



Weekly Training Timetable

2021/'22

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>S2</u>	Water Session 15:45 - 17:45			Water Session 15:45 - 17:45			
<u>S3</u>	Water Session 15:45 - 17:45		Land Training 15:45 - 17:45	Water Session 15:45 - 17:45	Water Session 15:45 - 17:45		Land & Water Session 09:00 - 12:30
S4 - S6	Land Training 15:45 - 17:45	Water Session 15:45 - 17:45	Water Session 15:45 - 17:45		Club Water Session Performance Land Session	Performance Water 07:00 - 14:00 *Strathclyde Park	Club Land & Water Session 09:00 - 12:30 Performance Ergo Session 10:00 - 12:30

Wednesday 07:00 - 08:15: Club Circuit in CFS. Open to all year groups.

Land Training - Craiglockhart Pavilion

Water Training - Boathouse / Strathclyde Park / Auchinstarry Marina (Dullatur)