August – Senior Training Schedule

U17 - Open

August	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski 6am	Swim	Swim	Ski Club 6am Iron Club 7.30am	Kayak/Ski 6am Cotton Tree
P.M	Ski Club 4.30pm	Board Canal 4.15pm	Rest	Board Club 4.15pm	Ski Club 4.30pm	Pool Rescue 1pm	

"If you want to be the best, you have to do things that other people aren't willing to do."

August - Youth Training Schedule

U11 - 15

August	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim	Swim	Iron U14/15 Club 7.30am	Kayak/Ski 6am Cotton Tree U14/15
P.M	Board U14/15 Canal 4.15pm	Board U11-14 Canal 4.15pm	Board U14/15 Club 4.15pm	Board U11-14 Club 6am	Rest	Pool Rescue 1pm	