

June – Senior Training Schedule

U17 - Open

3rd – 16th June

June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim	Swim	Rest	Kayak/Ski 8am Cotton Tree
P.M	Ski Club 4pm	Board Canal 4pm	Swim	Board Club 4pm	Ski Club 4pm	Pool Rescue 1pm	

“Great works are performed not by strength but
by perseverance”

17th – 30th June

June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski Club 6am	Swim	Swim	Iron 8am @ club	Kayak/Ski 8am Cotton Tree
			Iron 8.30am				
P.M	Ski Club 4pm	Board Canal 4pm	Swim	Board Club 4pm	Ski Club 4pm	Pool Rescue 1pm	
		Run 5.15pm		Run 5.15pm			