

PRE-SEASON SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U Q R u g b y A c a d e m y D i a r y	AM	7:00 - 8:15am Gym		7:00 - 8:15am Gym				
		8:15 - 8:35am Flexibility Development		8:15 - 8:35am Flexibility Development				
	PM	4:00 - 4:45 Academy Conditioning - Oval 7 Recovery 4:45 - 5:00	3:30 - 4:45pm Gym 5:15pm - 6:00pm Academy PSS	5:30 - 6:30pm Academy Skills - Oval 7	5:00 - 5:30pm Speed 5:30 - 6:30pm Academy Skills - Oval 7	1:00 - 2:15pm Gym 2:30 - 3:00 Recovery		

SEASON SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U R u g b y A c a d e m y D i a r y	AM					9:45 - 10:15am Passing PSS (halfbacks) 10:15 - 10:45am Kicking PSS (backs) Pool Recovery 11:00 - 11:40am	GAME DAY	
	PM	Gym Group 2 3:30 - 4:30pm Flex Development 4:30 - 5:00pm 5:00 - 6:00pm Academy Physio Triage 6:00 - 7:45pm Scrum PSS (forwards)	5:30 - 6:00pm Lineout PSS (forwards) 6:15pm Club Training Ice Baths	Gym Group 2 3:30 - 4:30pm Education 5:00pm - 5:45pm 6:00pm - 7:00pm Academy Skills 7:00 - 7:15pm Ice Baths	6:30pm Club Training Ice Baths			