

FRIENDS' ROWING - TRAINING SCHEDULE FOR ALL SQUADS

As at September 2023

		OPENS		YEAR 10 (U16)		YEAR 9 (U15)		YEAR 8 (U14)		YEAR 7 (U13)	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
MONDAY	AM										
	PM	GYM	ERGO/GYM	ERGO/ROW		ROW/Circuit	ROW/Circuit				
TUESDAY	AM	ROW	ROW	ROW				ROW	ROW		
	PM				ROW		ROW/Circuit			ROW(A/B) 4X	ROW(A) 2X, 1X
WEDNESDAY	AM	ROW(Yoga)	ROW		ROW	ROW	ROW				
	PM	ERGO	ERGO	GYM/ROW					ROW		
THURSDAY	AM	ROW	ROW (OG's/U16's)	ROW	ROW (with OG's)	ROW					
	PM	GYM			ROW			ROW		ROW(A) 2X, 1X	ROW(A/B) 4X
FRIDAY	AM										
	PM										
SATURDAY	AM	(6.45am) ROW	(8.00am) ROW	(6.45am) ROW	(8.00 - 10.00am) ROW	(6.45-8.30am) ROW	(8.30-10.30am) ROW	(8.30-10.30am) ROW	(6.45-8.30am) ROW	(8.30-10.30am) ROW(B) 2X, 1X	(8.30-10.30am) ROW(B) 2X, 1X
	PM										
SUNDAY	AM										
	PM										
		Ian Jordan	Nicola Anderson Anthony Edwards Peter Gibson	Ian McMahon Ollie Atwell	Ruby Lang (asst:A Edwards)	Max Doyle (Stuart Wigston)	Melissa Mace Nick Cole	Karl Davidson Sam Ibbott (Ollie Shugg)	James Wilson Myf Murphy (Nick Cole)	Frances Ward Catherine Gray Greer Wells Anna Headlam	Isobel King Chris Cooper Jane Hilliard Ed McKay(Thu)