

Pre-Season Training Schedule

			7.30	7.35	7.40	7.45	7.50	7.55	8.00	8.05	8.10	8.15	8.20	8.25	8.30	8.35	8.40	8.45	8.50	8.55	
June	Tuesday	22 th	1	Players Meeting																	
	Thursday	24 th		Warm Up				Rugby skills								Fuel Mix					
	Saturday	26 th																			
	Tuesday	29 th	2	Warm Up	Rugby skills					Cooper Run*					C. Conditions						
	Thursday	1 st		Warm Up	Fitness Testing*													C. Conditions			
	Saturday	3 rd																			
	Tuesday	6 th	3	Warm Up	Rugby skills					Sprints (3x100x3)*					Agility						
	Thursday	8 th		Warm Up	Rugby skills					Fuel Mix					Core						
	Saturday	10 th																			
July	Tuesday	13 th	4	Warm Up	Rugby skills					Speed			Agility			C. C.'s					
	Thursday	15 th		Warm Up	Rugby skills							Power Circuits			C. Conditions						
	Saturday	17 th																			
	Tuesday	20 th	5	The Village																	
	Thursday	22 nd		Warm Up	Rugby skills							Sprints (4x75x3)*					Core				
	Saturday	24 th																			
	Tuesday	27 th	6	Warm Up	Rugby skills					Fuel mix/agility				C. Conditions							
	Thursday	29 th		Warm Up	Rugby skills							Upper Body Strength			C. C.'s						
	Saturday	31 st																			
	Tuesday	3 rd	7	Warm Up	Rugby skills					Fuel mix/agility				C. Conditions							
	Thursday	5 th		Warm Up	Rugby skills							Sprints (6x50x3)*			Core						
	Saturday	7 th																			
August	Tuesday	10 th	8	Warm Up	Rugby skills					Cooper Run*					C. Conditions						
	Thursday	12 th		Warm Up	Incline/agility		Rugby skills							Team Run							
	Saturday	14 th		Warm up match - Folkestone Home																	
	Tuesday	17 th	9	Warm Up	Fitness Testing													C. Conditions			
	Thursday	19 th		Warm Up	Fuel Mix			Rugby skills						Power Circuit							
	Saturday	21 st		Training camp - 2-6pm at Maidstone Barracks																	
	Tuesday	24 th	10	Warm up - Medway Away																	
	Thursday	26 th		Warm Up	Rugby skills																
	Saturday	28 th		Warm up match - Cranbrook Away																	
	Tuesday	31 st		Warm Up	Rugby skills																
	Thursday	2 nd		Warm Up	Rugby skills							Team Run									
	Saturday	4 th																			

