

YEAR 10 ROWING PROGRAMME

Tuesday 11 October – Saturday 15 October

Below are the training times for the Year 10 Crews for this week. Please read carefully and make sure you are punctual for all sessions.

Day	Time	1 st Y10 VIII	2 nd Y10 VIII	3 rd Y10 VIII	4 th Y10 VIII
Tuesday	3.50pm	Rowing	Rowing	Rowing	Rowing
Wednesday	5.45am	Rowing	Rowing	Rowing	Free
	3.00pm	Weights	Weights	Weights	Rowing
Thursday	5.45am	Rowing	Rowing	Erg	Erg
Friday		Free	Free	Free	Free
Saturday	6.30am	Rowing	Rowing	Rowing	Rowing
	9.00am	Breakfast	Breakfast	Breakfast	Breakfast
	10.00am	Rowing	Fitness	Fitness	Fitness

PROGRAMME FOR WEEK 2

Day	Time	1 st Y10 VIII	2 nd Y10 VIII	3 rd Y10 VIII	4 th Y10 VIII
Monday	3.50pm	Erg	Erg	Free	Free
Tuesday	3.50pm	Rowing	Rowing	Rowing	Rowing
Wednesday	5.45am	Rowing	Rowing	Rowing	Free
	3.00pm	Weights	Weights	Weights	Rowing
Thursday	5.45am	Rowing	Rowing	Erg	Erg
Friday		Free	Free	Free	Free
Saturday	6.30am	Rowing	Rowing	Rowing	Rowing
	9.00am	Breakfast	Breakfast	Breakfast	Breakfast
	10.00am	Rowing	Fitness	Fitness	Fitness