

VERULAM ASC TRAINING PROGRAMME - From 1st March 2010

	MONDAY	TUESDAY	WEDNESDAY		FRIDAY	FRIDAY		SUNDAY
	Marlborough	Westminster Lodge	Marlborough		Westminster Lodge	Marlborough		Westminster Lodge
Pre - Competitive				THURSDAY - NO TRAINING		6:30 - 7:30 pm	SATURDAY - NO TRAINING	4:30 - 5:15 pm
JUNIORS	6:15 - 7:00 pm		6:15 - 7:15 pm		8:00 - 9:30/10:00 pm SQUAD	6:30 - 7:30 pm		4:30 - 5:15 pm
INTERMEDIATES	*7:00 - 8:15 pm	6:30 - 8:00 pm	7:15 - 8:30 pm		8:00 - 09:30/10:00 pm SQUAD	7:30 - 9:00 pm		5:15 - 6:30 pm
SENIORS	8:15 - 9:30 pm	6:30 - 8:30 pm	8:30 - 9:45 pm		8:00 - 10:00 pm SQUAD	7:30 - 9:00 pm		5:15 - 6:30 pm

* Land Training for Intermediates, Marlborough 6.15-6.50

