

## MMLSC TRAINING PLAN 2020-21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>Circuit Training</b>		<b>Swim Training</b>		<b>Beach Fitness</b>		<b>Ski Training</b>
	6.00-7.00am Troy Masters & Seniors		7.00-7.30am Steve Masters & Seniors		6.30-7.00am Grant Masters & Seniors		8.00-9.00am Troy & Bec Seniors U17+, Masters
					<b>Swim Training</b>		
					7.00-7.30am Steve Masters & Seniors		
<b>PM</b>	<b>Seniors 18+</b>	<b>Board Training</b>		<b>Seniors Training</b>	<b>Ski Training</b>	<b>Iron Training</b>	
	6.00-7.30pm Jon	6.00-7.00pm Troy & Joe Seniors & Masters		U14/15 - 6.00-7.00pm U17/U19 - 6.15-7.15pm Troy, Joe, Grant, Pete	4.30-6.00pm Troy, Bec U17+, Masters	4.00-5.00pm Troy Seniors & Masters	
						<b>Beach Training</b>	
						4.00-5.00pm Grant Seniors & Masters	