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| | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|---|---|---|---|---|--|
| 28 Feb Rest Day & Massage | 1 Rest Day & Massage | 2 <u>Epsom 4pm</u> 5x40m sprint 3x400m (max effort) Game Sense Skills | 3 2 x 2 min efforts 2 x 60 sec efforts 2 x 30 sec efforts 2 mins rec btw sets | 4 <u>Epsom 4pm</u> Fartlek 20mins 1to1 2x90 sec 4x60sec 4x30 sec 4x15 sec | 5 Stretching session Light Jog/Swim | 6 Stretching session Light Jog/Swim |
| 7 2 x 20m 2 x 40m 2 x 60m 2 x 80m 30 mins skills session Refer to pre-training drills sheet | 8 1 x 4 min efforts 2 x 75 sec efforts 2 x 60 sec efforts 2 mins rec btw sets | 9 <u>Epsom 4pm</u> Squad Training Game Sense Skills | 10 Rest Day & Massage | 11 <u>Epsom 4pm</u> Squad Training Game Sense Skills | 12 Stretching session Light Jog/Swim | 13 Stretching session Light Jog/Swim |
| 14 2 x 20m 2 x 40m 2 x 60m 2 x 80m 30 mins skills session Refer to pre-training drills sheet | 15 8 x 40m on 25 secs 30 mins skills session Refer to pre-training drills sheet | 16 <u>Epsom 4pm</u> Squad Training Game Sense Skills | 17 Stretching session Light Jog/Swim | 18 <u>Epsom 4pm</u> Squad Training | 19 Rest Day & Massage | 20 Stretching session Light Jog/Swim |
| 21 2 x 20m 2 x 40m 2 x 60m 2 x 80m 30 mins skills session Refer to pre-training drills sheet | 22 Rest Day & Massage | 23 Prac Match Vs Ballarat Rebels at Carisbrook FG 5pm | 24 Stretching session Light Jog/Swim | 25 <u>Epsom 4pm</u> Squad Training | 26 Stretching session Light Jog/Swim | 27 Rest Day & Massage |
| 28 Stretching session Light Jog/Swim | 29 <u>Epsom 4pm</u> Squad Training Game Sense Skills | 30 Stretching session Light Jog/Swim | 31 <u>Epsom 4pm</u> Squad Training | 1 Stretching session Light Jog/Swim | 2 April 8 x 40m on 25 secs 30 mins skills session Refer to pre-training drills sheet | |