

Greenacres WFC Pre-Season Training Schedule



January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 6:30pm – 8:30pm Fitness & Skills @ Club	21	22	23	24	25
26	27	28	29	30 6:30pm – 8:30pm Testing Session @ Club	31	

Greenacres WFC Pre-Season Training Schedule



February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00am – 12:00pm Beach Session @ Snake Pit	3	4	5	6 6:30pm – 8:30pm Fitness & Skills @ Club	7	8
9	10 6:30pm – 8:30pm Fitness & Skills @ Club	11	12	13 6:30pm – 8:30pm Testing Session @ Club	14	15
16 9:00am – 11:00am Morialta Session	17	18	19	20 6:30pm – 8:30pm Fitness & Skills @ Club	21	22
23	24 6:30pm – 8:30pm Fitness & Skills @ Club	25	26	27 6:30pm – 8:30pm Fitness & Skills @ Club	28	

Greenacres WFC Pre-Season Training Schedule



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00am-11:30am Rugby-Based Fitness Session @ Club
2 10:00am – 12:00pm Beach Session @ Semaphore	3	4	5	6 6:30pm – 8:30pm Testing Session @ Club	7	8
9	13 6:30pm – 8:30pm Fitness & Skills @ Club	11	12	13 6:30pm – 8:30pm Fitness & Skills @ Club	14	15
16 9:00am – 11:00am Mt Lofty Session	17	18	19	20 6:30pm – 8:30pm Fitness & Skills @ Club	21	22
23	24 6:30pm – 8:30pm Testing Session @ Club	25	26	27 6:30pm – 8:30pm Fitness & Skills @ Club	28	29
30 10:00am – 12:00pm Beach Session @ Snake Pit	31					

Greenacres WFC Pre-Season Training Schedule



Player Testing Session Record

	1 st Testing Session	2 nd Testing Session	3 rd Testing Session	4 th Testing Session
Sit Ups (1 minute)				
Push Ups (1 minute)				
Plank (1 minute)				
12-Minute Run				
Burpees (1 minute)				