

## UWA 1<sup>ST</sup> TEAM SQUAD TRAINING SCHEDULE 2010

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1-FEB	2-FEB	3-FEB	4-FEB	5-FEB	6-FEB	7-FEB
		RUNNING UWA 6.30PM TO 8.00PM		RUNNING UWA 6.30PM TO 7.30PM		BEACH RUN/SWIM 7.00am Cott Beach	
2	8-FEB	9-FEB	10-FEB	11-FEB	12-FEB	13-FEB	14-FEB
		RUNNING UWA 6.30PM TO 8.00PM		CIRCUIT –UWA 6.30PM TO 7.30PM		Jacobs Ladder Bottom Level 7.00am	
3	15-FEB	16-FEB	17-FEB	18-FEB	19-FEB	20-FEB	21-FEB
		RUNNING UWA (STICKS) 6.30PM TO 8.00PM		RUNNING-UWA 6.30PM TO 7.30PM		Bridges Run Mill point Rd 7.00am	
4	22-FEB	23-FEB	24-FEB	25-FEB	26-FEB	27-FEB	28-FEB
		RUNNING UWA (STICKS) 6.00PM TO 8.00PM		CIRCUIT UWA 6.30PM TO 7.30PM		CORNERS	
5	1-MAR	2-MAR	3-MAR	4-MAR	5-MAR	6-MAR	7-MAR
		RUNNING UWA (STICKS) 6.30PM TO 8.00PM		RUNNING UWA 6.30PM TO 7.30PM		CORNERS	
6	8-MAR	9-MAR	10-MAR	11-MAR	12-MAR	13-MAR	14-MAR
		TRAINING UWA 8.00PM TO 9.00PM		TRAINING UWA 6.00pm to 7.30pm		Practice Game vs Wolves at UWA 4pm to 5.30pm Confirmed	
7	15-MAR	16-MAR	17-MAR	18-MAR	19-MAR	20-MAR	21-MAR
		Free Session Your responsibility		Free Session Your responsibility		Practice Game vs Hale at UWA 4pm to 5.30pm TBA	
8	22-MAR	23-MAR	24-MAR	25-MAR	26-MAR	27-MAR	28-MAR
		TRAINING UWA 8.00PM TO 9.00PM		TRAINING UWA 6.00pm to 7.30pm		Practice Game vs YMCC at UWA 4pm to 5.30pm	
9	29-MAR	30-MAR	31-MAR	1-APR	2-APR	3-APR	4-APR
		TRAINING UWA 8.00PM TO 9.00PM		TRAINING UWA 6.00pm to 7.30pm		TBA	

Times above are current from 11<sup>th</sup> January 2010.