

First-year novice Boys & Girls Training Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	7am S&C @GL Weir	7am Erg @Erg Shed					10am-1pm On Water Row
PM			3:45pm-6pm On Water Row	3:45pm-6pm On Water Row			

MAGSROW weekly training schedule

Term 1 from 31/01/2023 to 09/03/2023

U16 Boys Training Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10am-12pm On Water Row
PM	3:10pm Erg @Erg Shed	3:45pm-6pm On Water Row			3:45pm-6pm On Water Row		

U16 Girls Training Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	7am Erg @Erg Shed						10am-12pm On Water Row
PM		3:45pm-6pm On Water Row			3:45pm-6pm On Water Row		

U17 & U18 Boys Training Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			5:45am-8am On Water Row		5.45am-8am On Water Row		8am-12pm On Water Row
PM	3:45pm-6pm On Water Row	3:10pm Erg @Erg Shed	1:30pm S&C @Farm Gym		3:10pm Erg @Erg Shed		

U17 & U18 Girls Training Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.45am-8am On Water Row		7am Erg @Erg Shed	5:45am-8am On Water Row	5:45am-8am On Water Row		10am-2pm On Water Row
PM			1:30pm S&C @Farm Gym		3:10pm Erg @Erg Shed		

OYO = on your own