

**Year Group Trainings (based on year group boys are in to start season Oct 2018)**

Yellow rowing training

Green core

LTRC Lake Tuggeranong Rowing Club

|  | Mon | Tue                                  | Wed | Thu                                  | Fri | Sat                        | Sun |
|--|-----|--------------------------------------|-----|--------------------------------------|-----|----------------------------|-----|
| <b>YR 6/7</b><br>(unless coxing another age group) |     | 4:15-6:30PM<br>LTRC                  |     | 3:30-4:30PM<br>Marist School<br>Ergs |     | 9:00-12:00AM<br>MCCRC Shed |     |
| <b>YR 8</b>  |     | 3:30-4:30PM<br>Marist School<br>Ergs |     | 4:15-6:30PM<br>LTRC                  |     | 6:00-9:00AM<br>MCCRC Shed  |     |

|                 |                                      |                           |                           |  |  |                            |  |
|-----------------|--------------------------------------|---------------------------|---------------------------|--|--|----------------------------|--|
| <b>YR 9</b>     | 3:30-4:30PM<br>Marist School<br>Ergs |                           | 4:15-6:30PM<br>MCCRC Shed | 6:00-7:30AM<br>MCCRC Shed<br><br>core<br>3:15-4:30PM<br>Marist School  |  | 9:00-12:00AM<br>MCCRC Shed |  |
| <b>YR 10/11</b> |                                      | 4:15-6:30PM<br>MCCRC Shed |                           | core<br>3:15-4:30PM<br>Marist School<br><br>4:50-6:50 PM<br>MCCRC Shed |  | 6:00-9:00AM<br>MCCRC Shed  |  |

erg session to be advised