

Year Group Trainings (based on year group boys are in to start season Oct 2020)

Yellow	rowing training
Green	core fitness
Blue	ergs

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

YR 9	4:15-6:30PM MCCRC Shed		4:15-6:30PM MCCRC Shed	core 3:15-4:30PM Marist School		6:00-9:00AM MCCRC Shed	
YR 10/11		4:15-6:30PM MCCRC Shed		core 3:15-4:30PM Marist School 4:50-6:50 PM MCCRC Shed		6:00-9:00AM MCCRC Shed	