

Wanderers Pre-Christmas Training Schedule 2011

Week 1 - 21/11	Week 2 - 28/11	Week 3 - 5/12	Week 4 - 12/12	Week 5 - 19/12
Gym x 3 #	Gym x 3 #	Gym x 3 #	Gym x 3 #	Gym x 3 #
Wednesday - 23/11 - 6pm # king edward park	Wednesday - 30/11 - 6pm # king edward park	Wednesday - 7/12 - 6pm # king edward park	Wednesday - 14/12 - 6pm # king edward park	Wednesday - 21/12 - 6pm # king edward park
		Friday - 9/12 - 6pm # Location TBC		
Saturday - 26/11 - 8am Touch Footy at Empire Park*	Saturday - 3/12 - 8am Touch Footy warm up - 1/2 hour*	Saturday - 10/12 - 8am Touch Footy at Empire Park*	Saturday - 17/12 - 8am Touch Footy warm up - 1/2 hour*	
8:45am - Skills Assessment + Health Screen #	8:45am Merewether Baths Triathlon #		8:45am Merewether Baths Triathlon #	

*** Optional
Required**