

UBSport Club Development Support Timetable – Term One 2011-12

	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM
MON	Slater Pre/rehab Yoga 7.30am					TRIAGE							
TUES		Circuits											
WED	BUCS MATCHES!												
THUR	Slater Pre/rehab Foot, ankle & core conditioning				Pool - Recovery	TRIAGE				Circuits			
FRI	Slater Pre/rehab Yoga 7.30am					Track session							

NB: There are additional sport specific S&C training for the following sport; Athletics (endurance/cross-country and speed & power), Badminton, Rowing, Rugby, Squash and Swimming. To find out when these are either ask your coach/captain or contact Jen Savage in the HPC team.