

CRAWLEY CHRISTMAS TRAINING PROGRAMME

DATE	NOTES
Thursday 13/12/18	AM - MASTERS ONLY 6am - 7.00am / PM Normal Training Times & Squads
Friday 14/12/18	AM - Masters 6am - 7am / Performance 6am - 7.30am / PM - Normal Training
Saturday 15/12/18	NO TRAINING
Sunday 16/12/18	NO TRAINING
Monday 17/12/18	AM - Performance 6am - 7.30am (& Selected Gold) / Masters 6am - 7.00am / (Gold, Silver & Bronze Squads Cancelled) / PM - Gold, Silver & Bronze Cancelled - Performance 6pm - 8pm
Tuesday 18/12/18	AM Masters 6am - 7am / Performance 6am - 7.30am / PM - Performance 6pm - 8pm
Wednesday 19/12/18	AM Masters 6am - 7am - Performance 6am - 7.30am (Gold, Silver & Bronze Cancelled) PM Gold, Silver (K2) 6pm - 8pm - (Cottesmore Normal Training)
Thursday 20/12/18	AM - MASTERS ONLY 6am - 7.00am / PM Normal Training Times & Squads
Friday 21/12/18	AM - Masters 6am - 7am / Performance 6am - 7.30am / PM - Normal Training
Saturday 22/12/18	NO TRAINING
Sunday 23/12/18	NO TRAINING
Monday 24/12/18	NO TRAINING
Tuesday 25/12/18	NO TRAINING
Wednesday 26/12/18	NO TRAINING
Thursday 27/12/18	MASTERS ONLY 6am - 7.00am
Friday 28/12/18	Masters 6am - 7am & Performance (Selected Gold) 6am - 7.30am
Saturday 29/12/18	NO TRAINING
Sunday 30/12/18	Performance & Selected Gold 7am - 9.30am
Monday 31/12/18	NO TRAINING
Tuesday 1/1/19	NO TRAINING
Wednesday 2/1/19	Normal Training Resumes