

Return to Training Provisional Training Timetable (Phase 4 – 21st September onwards)

Day	Time	Squad	Location
Monday	5.45am to 8am	Performance & A Squad	Harvey Hadden
Monday	4pm to 5pm	Performance & A Squad	Gym Session at Harvey Hadden
Monday	5pm to 7pm	Performance & A Squad	Harvey Hadden
Monday	4.45pm to 5.30pm	B1 & B2 Squads	Online Zoom Conditioning Session
Monday	7pm to 8pm	B1 Squad	Harvey Hadden
Monday	7pm to 8pm	B2 Squad	Harvey Hadden
Monday	8pm to 9pm	Development	Harvey Hadden
Tuesday	5.45am to 8am	Performance, A & B1 Squad	Harvey Hadden
Tuesday	4pm to 5pm	Performance & A Squad	Gym Session at Harvey Hadden
Tuesday	5pm to 7pm	Performane & A Squad	Harvey Hadden
Tuesday	7pm to 8.30pm	B1 Squad	Harvey Hadden
Tuesday	7pm to 8.30pm	B2 Squad	Harvey Hadden
Wednesday	5pm to 6.45pm	Performane & A Squad	University of Nottingham
Wednesday	4.45pm to 5.30pm	B1 & B2 Squads	Online Zoom Conditioning Session
Wednesday	6.45pm to 8.15pm	B1 Squad	University of Nottingham
Wednesday	6.45pm to 8.15pm	B2 Squad	University of Nottingham
Thursday	5.45am to 8am	Performance, A & B2 Squad	Harvey Hadden
Thursday	4pm to 5pm	Performance & A Squad	Gym Session at Harvey Hadden
Thursday	5pm to 7pm	Performance & A Squad	Harvey Hadden
Thursday	7pm to 8.30pm	B1 Squad	Harvey Hadden
Thursday	7pm to 8.30pm	B2 Squad	Harvey Hadden
Friday	5.45am to 8am	Performance,A & B1 Squad	Harvey Hadden
Friday	5pm to 7.15pm	Performance & A Squad	University of Nottingham
Friday	6pm to 7pm	B1 & B2 Squad	Online Zoom Conditioning Session
Saturday	6.00am to 8.15am	Performance & A Squad	Harvey Hadden
Saturday	8.30am to 9.30am	Performance & A Squad	Gym Session at Harvey Hadden
Saturday	6.15am to 8.15am	B1 Squad	Harvey Hadden
Saturday	6.15am to 8.15am	B2 Squad	Harvey Hadden
Saturday	9.30am to 10.30am	B1 & B2 Squad	Online Zoom Conditioning Session
Saturday	7am to 8.45am	Development Squads	University of Nottingham
Saturday	10.30am to 11.30am	Development Squads	Online Zoom Conditioning Session