

# On-Season Training Schedule

## 1. Circuit Training

Day	Training Type	Venue	Time	Cost
<b>Monday</b>	Strength and Conditioning	Train Station Gym	8pm-9pm	Pre-booked
<b>Wednesday</b>	Circuit	Aghada Hall	7pm-8pm	3€ pp, 5€ per family

## 2. Rowing Training

Day	Training Type	Venue	Age Group	Time
<b>Tuesday</b>	Rowing	East Ferry Pier	U12's – U14's	6:15 pm
			U16's – U18's	7:15 pm
			Adults	8:00 pm
<b>Thursday</b>	Rowing	East Ferry Pier	U12's – U14's	6:15 pm
			U16's – U18's	7:15 pm
			Adults	8:00 pm
<b>Sunday</b>	Rowing	East Ferry Pier	U12's – U14's	10:30 am
			U16's – U18's	11:30 am
			Adults	12.30 pm

### Notes:

1. Please bring water to each training
2. Do not park in Murph's car park when attending rowing training
3. Please contact club Facebook or 0831351155 if you have any questions