

TRAINING TIMETABLE

Day	Time	Squad	Venue	Space	Coach	
Monday	AM 6.00 – 7.30	A1/A2/ B1	Temple Cowley	4 lanes	AB/LB	
	PM 5.30 – 8:00	A1	Temple Cowley	4 lanes	AB/DN/LB	
		8:00- 8:30	A1	Temple Cowley	L/T	AB/LB
		7:30- 8:00	B2/A3	Temple Cowley	L/T	DN
		8:00- 9:00	B2/A3	Temple Cowley	4 lanes	DN
		6:45 – 8:15	B1/ C1/(B2/ A2)	Ox High	6 lanes	LH/ +1
		8.15 – 9.45	Masters/ (A2)	Ox High	6 lanes	TS
Tuesday	AM 6.00 – 7.30	A3/B2/C1/C2	Temple Cowley	3/4 lanes	DN/SC	
	PM 6.30 – 8.30	C1/ (C2)	Barton	4 Lanes	SC/ LB	
		6.30 – 8.15	A1 / (B1/A2)	Ox High	6 lanes	AB/ LH
		8.15 – 8.30	A1 / (B1/A2)	Ox High	Stretch	AB/ LH
		8.15 – 9.45	Masters (A2)	Ox High	6 lanes	TS
Wednesday	AM 6.00 – 7.30	A1/ A2/ B1	Temple Cowley	3/4 lanes	AB	
	PM 5.00 – 6.00	C2/C3/C4	Temple Cowley	8 lanes	SM/ LB/ +1	
		5.30 – 6.00	A1/ B1	Temple Cowley	L/T	AB/ DN/LB
		6.00 – 8.00	A1	Temple Cowley	4/5 lanes	AB/ DN/LB
		8.00 – 8.30	A1	Temple Cowley	Stretch	AB/LB
		6.00 – 7.30	B1	Temple Cowley	3/4 lanes	LH/ GC
		7.30 – 7.45	B1	Temple Cowley	Stretch	LH
		7.30 – 9.00	A2	Temple Cowley	4 lanes	DN
		7.30 – 8.00	C1/ (B2)	Temple Cowley	LT	SC
		8.00 – 9.00	C1/ (B2)	Temple Cowley	4 lanes	SC
		8.00 – 9.30	Masters	Ox High	6 lanes	TS
	Thursday	PM 5.30 – 6.30	A1/ (A2)	Barton	L/T	AB/DN
			6.30 – 8.30	A1	Barton	4 Lanes
		6.45 – 8.15	B1/C1	Ox High	6 lanes	LH/ SC
		7.00 – 8.15	C4/C2/A3/(C3)	Ferry	6 lanes	SM/LB
		8.15 – 9.45	Masters/ (A2)	Ox High	6 lanes	TS
		6.00 – 7.00	Development	Headington	5 lanes	
Friday	AM 6.00 – 7.30	A1/ A2/ B1 (B2)	Temple Cowley	3/4 lanes	AB/ DN	
	PM 5.30 – 7.30	A2	Temple Cowley	4 lanes	DN	
		6.00 – 8.15	A1 / (B1/ A2)	Ox High	6 lanes	AB/ LH
		7.00 – 8.30	C1/B2/ C3 (C4)	Ferry	6 lanes	GC/LB
Saturday	AM 6.00 – 8.00	A1/B1/C1/ (A2)	Temple Cowley	8 lanes	AB/ LB/DN/SC	
		8.20 – 9.20	A1/B1/C1	Temple Cowley	L/T	AB/LB/DN
		7.00 – 8.30	Masters / (A2)	Ox High	6 lanes	TS
		8.30 – 9.30	Development	Headington	5 lanes	
Sunday	PM 4.00 - 6.00	A2 / C1/ (B2)	Ox High	6 lanes	DN/SC	
		6.00 – 7.00	C4	Temple Cowley	3 lanes	SM/ DD
		7.00 – 8.00	C2 /C3/B2	Temple Cowley	8 lanes	GC/ SM/+1

At times, we may be required to alter this timetable; any changes will be reported on our Club notice boards, as will holiday closures etc.

It is a policy of the Club not to train on Bank Holidays