

TRAINING SCHEDULE

04:00pm May 21 to 08:00am May 23, 2010

FRIDAY								
	04:00pm-05:00pm	05:00pm-06:00pm	06:00pm-07:00pm	07:00pm-08:00pm	08:00pm-09:00pm	09:00pm-10:00pm	10:00pm-11:00pm	11:00pm-Midnight
TRAINING	Cardio Fitness	Weights	Pool Session	Track Walking	Rock Climbing	Water Walking	Indoor Track Drills	Weight Circuit
NOTES	Interviews with Radio Hauraki & ZM		with Moss Burmester		Richie Patterson Supervision	Olympic Pool		Tracey Lambrechts Supervision
SATURDAY								
	Midnight-01:00am	01:00am-02:00am	02:00am-03:00am	03:00am-04:00am	04:00am-05:00am	05:00am-06:00am	06:00am-07:00am	07:00am-08:00am
TRAINING	Pool Time	Twister/Stretching	Hip Hop Dance Class	Wii Fit/Wii Sport	Around the Bays Walk	Boxing	Weights	Track Walking
NOTES	Olympic Pool		with dance teacher	Non-players doing cardio	Quick shower to refresh			
	08:00am-09:00am	09:00am-10:00am	10:00am-11:00am	11:00am-Midday	Midday-01:00pm	01:00pm-02:00pm	02:00pm-03:00pm	03:00pm-04:00pm
TRAINING	Yoga	Cardio Fitness	Kettle Bell Workout	Weightlifting	Dodgeball	Dodgeball/Soccer	Basketball	Zumba
NOTES	MISH fitness class			with Com Games Lifters Studio 2 Crew	with public/Rangi pupils Studio 2 Crew	with the public Studio 2 Crew		MISH fitness class with public/Rangi students
	04:00pm-05:00pm	05:00pm-06:00pm	06:00pm-07:00pm	07:00pm-08:00pm	08:00pm-09:00pm	09:00pm-10:00pm	10:00pm-11:00pm	11:00pm-Midnight
TRAINING	Stretching/Drills	Soccer GP Game Skills	Indoor Track Drills	Weights	Water Polo	Gymnastics	Wii Fit/Wii Sport	Twister/Stretching
NOTES		with NZU17 player Jack Hobson-McVeigh			Olympic Pool with John Love	Trampoline/Rings with Olympians	Non-players doing cardio	
SUNDAY								
	Midnight-01:00am	01:00am-02:00am	02:00am-03:00am	03:00am-04:00am	04:00am-05:00am	05:00am-06:00am	06:00am-07:00am	07:00am-Finish
TRAINING	Soccer Skills/Mini Games	Pool Time	Wii Fit/Wii Sport	Boxing	Wii Fit/Wii Sport	Twister/Stretching	Gymnastics	Zumba
NOTES		Olympic Pool	Non-players doing cardio		Non-players doing cardio			MISH fitness class with public/Rangi students

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