



## Frankston Training Sessions

The following training sessions are available at Frankston.

Effective 17 July 2018.

Bronze Squad Members are expected to train **three** times per week.

Silver Squad Members are expected to train **four** times per week.

Gold Squad Members are expected to train **five** to **six** times per week.

### Bronze Squad

Day	Start	End	Session	Coach
Mon	6:15pm	7:45pm	No Dryland	Derren
Tue	6:30am	7:30am	No Dryland	Caelen
Wed	6:45pm	7:45pm	No Dryland	Angus (Gus)
Thu	4:00pm	5:30pm	No Dryland	Derren
Fri	6:30am	7:30am	No Dryland	Caelen



## Silver Squad

Day	Start	End	Session	Coach
<b>Mon</b>	6:00am	7:30am	No Dryland	Derren and Angus (Gus)
<b>Tue</b>	6:00am	7:30am	No Dryland	Derren and Caelen
<b>Tue</b>	6:00pm	8:00pm	No Dryland	Derren and Angus (Gus)
<b>Thu</b>	6:00am	7:30am	No Dryland	Derren and Angus (Gus)
<b>Thu</b>	5:30pm	7:30pm	No Dryland	Derren and Angus (Gus)
<b>Fri</b>	6:00am	7:30am	No Dryland	Derren and Angus (Gus)
<b>Fri</b>	5:00pm	7:00pm	No Dryland	Derren and Caelen

## Gold Squad

Day	Start	End	Session	Coach
<b>Mon</b>	5:30am	7:30am	No Dryland	Derren
<b>Tue</b>	5:30am	7:30am	No Dryland	Derren
<b>Tue</b>	6:00pm	8:00pm	No Dryland	Derren
<b>Thu</b>	5:30am	7:30am	No Dryland	Derren
<b>Thu</b>	5:30pm	7:30pm	No Dryland	Derren
<b>Fri</b>	5:30am	7:30am	No Dryland	Derren
<b>Fri</b>	5:00pm	7:00pm	No Dryland	Derren