

# TRAINING SCHEDULE 2025-2026

SEPTEMBER 2025

| SQUAD        | Performance Squads                              |                                                 |                                     | Competitive Squads                  |                                     |                                     | Club Squad  | MASTERS     | Academy Squads                      |                                    |                         |                         | Para Squad  |
|--------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------|-------------|-------------------------------------|------------------------------------|-------------------------|-------------------------|-------------|
|              | National Youth Squad                            | Regional Youth Squad                            | Regional Age Squad                  | County Youth Squad                  | County Age Squad                    | Skill Development                   |             |             | Platinum                            | Gold                               | Silver                  | Bronze                  |             |
| Monday AM    | 05:20-07:35                                     | 05:20-07:35                                     |                                     |                                     |                                     |                                     |             |             |                                     |                                    |                         |                         |             |
| Monday PM    | 16:45-19:20<br>C: 19:15-19:45<br>G: 19:15-20:00 | 16:45-19:20                                     | 16:45-19:00<br>LAND:<br>19:10-19:55 | 19:50-21:10                         | 19:50-21:10                         |                                     |             | 21:00-22:00 | JUBILEE<br>19:00-20:00              | 19:00-20:00                        | 19:00-20:00             |                         |             |
| Tuesday AM   | 05:20-07:35                                     |                                                 | 05:20-07:35                         |                                     |                                     |                                     |             |             |                                     |                                    |                         |                         |             |
| Tuesday PM   | 16:45-19:20<br>C: 19:15-19:45<br>G: 19:15-20:00 | G: 18:00-18:45<br>C: 18:15-18:45<br>18:45-21:10 | 16:45-19:20                         |                                     |                                     | 18:50-20:10                         | 20:00-21:00 | 21:00-22:00 |                                     |                                    |                         |                         |             |
| Wednesday AM |                                                 |                                                 |                                     | 05:20-07:35                         |                                     |                                     |             | 06:00-07:00 |                                     |                                    |                         |                         |             |
| Wednesday PM | 19:50-21:10                                     | G: 19:00-19:45<br>C: 19:15-19:45<br>19:50-21:10 | 16:45-18:00<br>LAND:<br>18:10-18:55 | 19:50-21:10                         | 16:45-18:00<br>LAND:<br>18:10-18:55 | LAND:<br>19:10-19:55<br>20:00-21:10 | 20:00-21:00 |             | 19:00-20:00                         | LAND<br>18:40-18:55<br>19:00-20:00 |                         |                         |             |
| Thursday AM  | MAKE UP<br>(Pre Agreed ONLY)                    | MAKE UP<br>(Pre Agreed ONLY)                    | 05:20-07:35                         |                                     | 05:20-07:35                         |                                     |             |             |                                     |                                    |                         |                         |             |
| Thursday PM  | 16:45-19:00<br>C/G: 19:15-19:35                 |                                                 |                                     | LAND:<br>19:10-19:55<br>20:00-21:10 | 19:50-21:10                         | 19:50-21:10                         |             |             |                                     |                                    | JUBILEE:<br>19:00-20:00 | JUBILEE:<br>19:00-20:00 |             |
| Friday AM    | 05:20-07:35                                     | 05:20-07:35                                     |                                     |                                     |                                     |                                     |             |             |                                     |                                    |                         |                         |             |
| Friday PM    | 16:45-19:20                                     | 16:45-19:20<br>C/G: 19:15-19:35                 | 16:45-19:20                         | 17:50-20:10                         | 18:50-20:10                         | 18:50-20:10                         | 18:00-19:00 | 20:00-21:00 | 18:00-19:00<br>LAND:<br>19:15-19:45 |                                    |                         |                         |             |
| Saturday AM  | 07:45-10:20                                     | 07:45-10:20                                     | 05:50-08:00<br>LAND:<br>08:10-08:55 | 05:50-08:00<br>LAND:<br>08:10-08:55 | 05:50-08:00<br>LAND:<br>08:10-08:55 |                                     |             | 16:00-17:30 |                                     |                                    |                         |                         |             |
| Sunday PM    |                                                 |                                                 |                                     | 14:50-16:10                         | 15:50-18:10                         | 15:50-18:10                         | 17:00-18:00 | 17:00-18:00 | 15:00-16:00                         | 16:00-17:00                        |                         |                         | 17:00-18:00 |

N.B. All sessions are at Hengrove unless otherwise stated.