

Gippsland Power Football Club - U15 November 2019



Friday 1st	Saturday 2nd	Sunday 3rd
Lead In	Lead In	Lead In

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
Lead In	Lead In	Lead In	Lead In	Lead In	Lead In	Information Day

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
Lead In	Lead In	Lead In	Lead In	Lead In	Lead In	Lead In

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
Skills Program Running Program A Core Program 1	- Weights OR Circuit Program - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling - Core Program 1	Pre Season Training Stratford, Inverloch OR Marist-Sion	Rest - Stretching & Foam Rolling - Core Program 2	- Circuit Program - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
Skills Program Running Program B Core Program 1	- Weights OR Circuit Program - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling - Core Program 1	Pre Season Training Stratford, Inverloch OR Marist-Sion	Rest - Stretching & Foam Rolling - Core Program 2	Swim OR Bike Program

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Sunday 1st
Rest - Stretching & Foam Rolling

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
Skills Program Core Program 2	- Circuit Program - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling - Core Program 1	Pre Season Training Stratford, Inverloch OR Marist-Sion	Rest - Stretching & Foam Rolling	- Circuit Program - Stretching & Foam Rolling	Swim OR Bike Program

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
Skills Program Core Program 2	- Circuit Program - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling - Core Program 1	Pre Season Training Stratford, Inverloch OR Marist-Sion	Pool Recovery - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling	Fitness Testing @ Moe-Newborough Leisure Centre. U15 Registration: 1:15pm

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
Pool Recovery - Stretching & Foam Rolling	Rest - Stretching & Foam Rolling	- Injury Prevention Program	Swim Program	- Injury Prevention Program	Skills Program Core Program 1	Rest - Stretching & Foam Rolling

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
Skills Program Core Program 2	- Injury Prevention Program	Christmas Day Rest Day Merry Christmas	Ride 10km - Moderate intensity	- Injury Prevention Program	Running Program A Skills Program Core Program	Rest - Stretching & Foam Rolling

Monday 30th	Monday 31st
Running Program C Skills Program Core Program	New Years Eve Rest Day