

<b>Phase 5</b>	am	pm
Sunday 24th July		12-2pm
Monday 25th July	5-7am	5-7pm
Tuesday 26th July	<b>NO SESSION</b>	Adwick 7-8.30pm
Wednesday 27th July	<b>NO SESSION</b>	5.30-7.30pm
Thursday 28th July	5-7am	<b>NO SESSION</b>
Friday 29th July	<b>NO SESSION</b>	
Saturday 30th July	6-8am	
Sunday 31st July		12-2pm
Monday 1st August	5-7am	5-7pm
Tuesday 2nd August	<b>NO SESSION</b>	<b>NO SESSION</b>
Wednesday 3rd August		5.30-7.30pm
Thursday 4th August	<b>NO SESSION</b>	<b>NO SESSION</b>
Friday 5th August	<b>NO SESSION</b>	Summer Break
<h1>BREAK</h1>		
Monday 29th August	<b>NO SESSION</b>	<b>NO SESSION</b>
Tuesday 30th August	<b>NO SESSION</b>	Adwick 7-8.30pm
Wednesday 31st August		Hallx 5.30-7.30pm
Thursday 1st September	<b>NO SESSION</b>	Hallx 5-7pm
Friday 2nd September	<b>NO SESSION</b>	Sponsored Run
Saturday 3rd September	6-8am	
Sunday 4th Septemebr	12-2pm	
Monday 5th September	5-7am	5-7pm
Tuesday 6th September	<b>NO SESSION</b>	Adwick 7-8.30pm
Wednesday 7th September		5.30-7.30PM
Thursday 8th September	<b>NO SESSION</b>	5-7pm
Friday 9th Septemebr	<b>NO SESSION</b>	
Saturday 10th September	6-8am	
Sunday 11th Septemebr	12-2pm	
Monday 12th September	5-7am	5-7pm
Tuesday 13th Septemebr	<b>NO SESSION</b>	Adwick 7-8.30pm
Wednesday 14th September		5.30-7.30pm
Thursday 15th September	5-7am	5-7pm
Friday 16th September	<b>NO SESSION</b>	
Saturday 17th September	6-8am	
Sunday 18th September	12-2pm	
Monday 19th September	5-7am	5-7pm
Tuesday 20th September	5-7am	Adwick 7-8.30pm
Wednesday 21st September		5.30-7.30pm
Thursday 22nd September	5-7am	5-7pm
Friday 23rd Septemebr	<b>NO SESSION</b>	
Saturday 24th Septmebr	full training	commences

<b>Phase 4</b>	am	pm
Sunday 24th July		12-2pm
Monday 25th July	5-7am	7-8.30pm
Tuesday 26th July	<b>NO SESSION</b>	7-8.30pm
Wednesday 27th July		
Thursday 28th July	5-7am	7-8.30pm
Friday 29th July	<b>NO SESSION</b>	
Saturday 30th July	6-8am	
Sunday 31st July		12-2pm
Monday 1st August	5-7am	<b>NO SESSION</b>
Tuesday 2nd August	<b>NO SESSION</b>	<b>NO SESSION</b>
Wednesday 3rd August	<b>END OF NORMAL TRAINING</b>	
Thursday 4th August	<b>NO SESSION</b>	<b>NO SESSION</b>
Friday 5th August	<b>NO SESSION</b>	
Sunday 7th August		12-2pm Adwick
Tuesday 9th August		7-8.30pm Adwick
Sunday 14th August		12-2pm Adwick
Tuesday 16th August		7-8.30pm Adwick
Sunday 21st August		12-2pm Adwick
Tuesday 23rd August		7-8.30pm Adwick
Sunday 28th August		12-2pm Adwick
Monday 29th August	<b>NO SESSION</b>	<b>NO SESSION</b>
Tuesday 30th August	<b>NO SESSION</b>	Adwick 7-8.30pm
Wednesday 31st August		
Thursday 1st September	<b>NO SESSION</b>	Hallx 7-8.30pm
Friday 2nd September	<b>NO SESSION</b>	sponsored run
Saturday 3rd September	6-8am	
Sunday 4th Septemebr	12-2pm	
Monday 5th September	5-7am	7-8.30pm
Tuesday 6th September	<b>NO SESSION</b>	7-8.30pm
Wednesday 7th September		
Thursday 8th September	<b>NO SESSION</b>	7-8.30pm
Friday 9th Septemebr	<b>NO SESSION</b>	
Saturday 10th September	6-8am	
Sunday 11th Septemebr		12-2pm
Monday 12th September	5-7am	7-8.30pm
Tuesday 13th Septemebr	<b>NO SESSION</b>	7-8.30pm
Wednesday 14th September		
Thursday 15th September	5-7am	7-8.30pm
Friday 16th September	<b>NO SESSION</b>	
Saturday 17th September	6-8am	
Sunday 18th September	12-2pm	
Monday 19th September	5-7am	7-8.30pm
Tuesday 20th September	5-7am	7-8.30pm
Wednesday 21st September		
Thursday 22nd September	5-7am	7-8.30pm
Friday 23rd Septemebr	<b>NO SESSION</b>	
Saturday 24th Septmebr	full training commences	

<b>JDS</b>	
Saturday 30th July	<b>LAST NORMAL SESSION Summer break commences</b>
All JDS phases may attend all of the sessions below over the summer period	
Tuesday 2nd August	<b>NO SESSION</b>
Sunday 7th August	12-2pm Adwick
Tuesday 9th August	7-8.30pm Adwick
Sunday 14th August	12-2pm Adwick
Tuesday 16th August	7-8.30pm Adwick
Sunday 21st August	12-2pm Adwick
Tuesday 23rd August	7-8.30pm Adwick
Sunday 28th August	12-2pm Adwick
Tuesday 30th August	Normal training re-commences at usual times
Friday 2nd September	Sponsored Run