



# CIA Weekly Training Schedule

## Monday

8:45am	Players Arrive	CIA Lounge	Players
9:15am	Player Check in	CIA Lounge	Players
9:30am	Gym - Upper Body	Academy Gym	Ash Jones
11:30am	Food - Recovery - Rest	CIA Lounge	All
1:00pm	Field Session - Skill Sets / Skill Revision Position Specific Session	Malvern Park	CIA Coaches
2:30pm	Food - Recovery - Rest	CIA Lounge	Players
3:00pm	Finish		All

## Tuesday

8:45am	Players Arrive	CIA Lounge	All
9:15am	Player Check in	CIA Lounge	All
9:30am	Gym - Lower Body	Academy Gym	Ash Jones
11:30am	Food - Recovery - Rest	CIA Lounge	All
1:00pm	Skill Set, Tackle Tech & Defense Breakdown	Malvern Park	CIA Coach
2:30pm	Food - Recovery - Rest	CIA Lounge	Players
5:00pm	Club Training	Pick up from Rugby Park	Players

## Wednesday

8:30am	Players Arrive	CIA Lounge	All
8:45am	Player Check in	CIA Lounge	All
9:00am	Stretch and Recovery	Academy Gym	Ash Jones
10:00am	Education Session	CIA Lounge	CIA Coach
10:45am	Food - Recovery - Rest	CIA Lounge	Players
1:00pm	Skill Set, Attack Breakdown & Defense Roles	Malvern Park	CIA Coach
2:30pm	Individual Driven Skills	Malvern Park	Players
3:00pm	Finish		All





# CIA Weekly Training Schedule

## Thursday

8.45am	Players Arrive	CIA Lounge	All
9.15am	Player Check in	CIA Lounge	All
9.30am	Speed / Gym - Full Body	Malvern Park	Ash Jones
11.30am	Food - Recovery - Rest	CIA Lounge	All
1.00pm	Skill Set, Attack Structure, Ball Presentation	Malvern Park	CIA Coach
2.30pm	Food - Recovery - Rest	CIA Lounge	Players
5.00pm	Club Training	Pick up from Rugby Park	Players

## Friday

8.45am	Players Arrive	CIA Lounge	All
9.15am	Player Check in	CIA Lounge	All
9.30am	Gym : Circuit / Stretch	Academy Gym	CIA Coach
10.30am	Skills - Optional	Malvern Park	
11.00am	Week Completed	CIA Lounge	All