



# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 DUR Briefing DUR welcoming dinner	5 - Free day	6 am Strength & Conditioning briefing pm - Club training	7 am - Free time pm - DUR training (3- 5 pm)	8 am - Weight session pm - Club training	9 - Free day sight seeing options available	10 am - Game day Draw not yet available
11 am - Recovery session pm - Free time	12 am - Speed session pm - Video review	13 am - Weight session pm - Club training	14 am - Free time pm - DUR training (3- 5 pm)	15 am - Weight session pm - Club training	16 - Free day sight seeing options available	17 am - Game day Draw not yet available
18 am - Recovery session pm - Free time	19 am - Speed session pm - Video review	20 am - Weight session pm - Club training	21 am - Free time pm - DUR training (3- 5 pm)	22 am - Weight session pm - Club training	23 - Free day sight seeing options available	24 am - Game Day Draw not yet available
25 am - Recovery session pm - Free time	26 am - Speed session pm - Video review	27 am - Weight session pm - Club training	28 am - Free time pm - DUR training (3- 5 pm)	29 am - Weight session pm - Club training	30 - Free day sight seeing options available	31 am - Game Day Draw not yet available

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 am - Recovery session	2 am - Speed session	3 am - Weight session	4 am - Free time	5 am - Weight session	6 - Free day sight seeing options available	7 am - Game day Draw not yet available
pm - Free time	pm - Video review	pm - Club training	pm - DUR training (3- 5 pm)	pm - Club training		
8 am - Recovery session	9 am - Speed session	10 am - Weight session	11 am - Free time	12 am - Weight session	13 - Free day sight seeing options available	14 am - Game day Draw not yet available
pm - Free time	pm - Video review	pm - Club training	pm - DUR training (3- 5 pm)	pm - Club training		
15 am - Recovery session	16 am - Speed session	17 am - Weight session	18 am - Free time	19 am - Weight session	20 - Free day sight seeing options available	21 am - Game day Draw not yet available
pm - Free time	pm - Video review	pm - Club training	pm - DUR training (3- 5 pm)	pm - Club training		
22 am - Recovery session	23 am - Speed session	24 am - Weight session	25 am - Free time	26 am - Weight session	26 - Free day sight seeing options available	27 am - Game day Draw not yet available
pm - Free time	pm - Video review	pm - Club training	pm - DUR training (3- 5 pm)	pm - Club training		