

Altona Hockey Club Women's Preseason Training Schedule 2010

	November	December	January	February	March	April	
Sunday	1						Sunday
Monday	2		Individual training	1	1		Monday
Tuesday	3	1 6.30pm @ AHC		2 6.30pm @ AHC	2 6.30pm @ AHC		Tuesday
Wednesday	4	2		3	3		Wednesday
Thursday	5 <b>w</b>	3 <b>w</b> 6.30pm @ AHC	<b>w</b> Week off	4 <b>w</b> 6.30pm @ AHC	4 <b>w</b> 6.30pm @ AHC	1 <b>w</b> 6.30pm @ AHC	Thursday
Friday	6 <b>e</b>	4 <b>e</b>	1 <b>e</b>	5 <b>e</b> 9.00am @ AHC	5 <b>e</b> 9.00am @ AHC	2 <b>e</b>	Friday
Saturday	7 <b>k</b>	5 <b>k</b> 9.00am @ AHC	2 <b>k</b>	6 <b>k</b>	6 <b>k</b> 9.00am @ AHC	3 <b>k</b> Practice Match	Saturday
Sunday	8 <b>s</b>	6 <b>s</b>	3 <b>s</b>	7 <b>s</b>	7 <b>s</b>	4 <b>s</b>	Sunday
Monday	9	7	4 Individual training	8	8	5	Monday
Tuesday	10	8 6.30pm @ AHC	5	9 6.30pm @ AHC	9 6.30pm @ AHC	6 6.30pm @ AHC	Tuesday
Wednesday	11	9	6	10	10	7	Wednesday
Thursday	12 <b>w</b>	10 <b>w</b> 6.30pm @ AHC	7 <b>w</b> Week off	11 <b>w</b> 6.30pm @ AHC	11 <b>w</b> 6.30pm @ AHC	8 <b>w</b> 6.30pm @ AHC	Thursday
Friday	13 <b>e</b>	11 <b>e</b>	8 <b>e</b>	12 <b>e</b>	12 <b>e</b>	9 <b>e</b>	Friday
Saturday	14 <b>k</b>	12 <b>k</b> 9.00am @ Willi	9 <b>k</b>	13 <b>k</b> 9.00am @ AHC	13 <b>k</b> Practice Match	10 <b>k</b> Start of season ??	Saturday
Sunday	15 <b>s</b>	13 <b>s</b>	10 <b>s</b>	14 <b>s</b>	14 <b>s</b>	11 <b>s</b>	Sunday
Monday	16	14	11 Individual training	15	15	12	Monday
Tuesday	17 6.30pm @ AHC	15 6.30pm @ AHC	12	16 6.30pm @ AHC	16 6.30pm @ AHC	13 6.30pm @ AHC	Tuesday
Wednesday	18	16	13	17	17	14	Wednesday
Thursday	19 <b>w</b> 6.30pm @ AHC	17 <b>w</b> 6.30pm @ AHC	14 <b>w</b> Week off	18 <b>w</b> 6.30pm @ AHC	18 <b>w</b> 6.30pm @ AHC	15 <b>w</b> 6.30pm @ AHC	Thursday
Friday	20 <b>e</b>	18 <b>e</b>	15 <b>e</b>	19 <b>e</b>	19 <b>e</b>	16 <b>e</b>	Friday
Saturday	21 <b>k</b> <b>Fitness Test</b>	19 <b>k</b> <b>Fitness Test</b>	16 <b>k</b>	20 <b>k</b> 9.00am @ Willi	20 <b>k</b> Practice Match	17 <b>k</b>	Saturday
Sunday	22 <b>s</b>	20 <b>s</b>	17 <b>s</b>	21 <b>s</b>	21 <b>s</b>	18 <b>s</b>	Sunday
Monday	23	21	18	22	22	19	Monday
Tuesday	24 6.30pm @ AHC	22	19 6.30pm @ AHC	23 6.30pm @ AHC	23 6.30pm @ AHC	20 6.30pm @ AHC	Tuesday
Wednesday	25	23	20	24	24	21	Wednesday
Thursday	26 <b>w</b> 6.30pm @ AHC	24 <b>w</b> Week off	21 <b>w</b> 6.30pm @ AHC	25 <b>w</b> 6.30pm @ AHC	25 <b>w</b> 6.30pm @ AHC	22 <b>w</b> 6.30pm @ AHC	Thursday
Friday	27 <b>e</b>	25 <b>e</b>	22 <b>e</b>	26 <b>e</b>	26 <b>e</b>	23 <b>e</b>	Friday
Saturday	28 <b>k</b> 9.00am @ AHC	26 <b>k</b>	23 <b>k</b> <b>Fitness Test</b>	27 <b>k</b> <b>Fitness Test</b>	27 <b>k</b> <b>Fitness Test</b>	24 <b>k</b>	Saturday
Sunday	29 <b>s</b>	27 <b>s</b>	24 <b>s</b>	28 <b>s</b>	28 <b>s</b>	25 <b>s</b>	Sunday
Monday	30	28 <b>w</b> Individual training	25		29	26	Monday
Tuesday		29 <b>e</b>	26 6.30pm @ AHC		30 6.30pm @ AHC	27 <b>w</b> 6.30pm @ AHC	Tuesday
Wednesday		30 <b>k</b> Week off	27		31	28 <b>e</b>	Wednesday
Thursday		31 <b>s</b>	28 <b>w</b> 6.30pm @ AHC			29 <b>k</b> 6.30pm @ AHC	Thursday
Friday			29 <b>e</b>			30 <b>s</b>	Friday
Saturday			30 <b>k</b> 9.00am @ AHC				Saturday
Sunday			31 <b>s</b>				Sunday

Notes: Times given are session starting times, **not** arrival times. So you need to be warmed up and **ready to run** / train by the times shown.

Agility and fitness testing will be undertaken on 21 Nov, 19 Dec, 23 Jan, 27 Feb, 27 Mar all at AHC 9am sharp start.

It is suggested in the four weeks off people rest for one week and then that people either get together in groups to do the individual sessions or do them themselves. - Remember hard work pays off  
Hockey gear must be brought to all sessions at AHC beginning February 2 (including 1 x dark and 1 x white shirt)