



PROGRAM OUTLINE

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7.00am – 8.00am		Breakfast	Fitness	Recovery	
8.00am – 9.00am	Breakfast	Language	Breakfast	Breakfast	Breakfast
9.00am – 10.30am	Strength and Conditioning	Video	Strength and Conditioning	Strength and Conditioning	Course Accreditation
10.30am – 11.00am	Break	Break	Break	Break	Break
11.00am – 12.30pm	Rugby	Speed & Agility	Rugby	Rugby	College Course
12.30pm – 13.15pm	Recovery	Individual Responsibility	Video	Eye Gym	Video
13.15pm – 14.15pm	Lunch	Lunch	Lunch	Lunch	Lunch
14.15pm – 15.15pm	Eye Gym	Rugby	Coaching	Course Accreditation	Rugby
15.15pm – 15.30pm	Break	Break	Coaching	Break	Break
15.30pm – 17.00pm	Monthly Module	College Course	Coaching	College Course	College Course
17.00pm – 18.00pm	Individual Responsibility	Well Being	Coaching	Well Being	Individual Responsibility
18.00pm – 19.00pm	Dinner	Dinner	Dinner	Dinner	Dinner
19.00pm – 22.00pm	Recreational	Rugby training/coaching	Rugby training/coaching	Rugby training/coaching	Rugby training/coaching



<u>EDUCATION</u>	<u>STRENGTH AND CONDITIONING</u>	<u>MONTHLY MODULES</u>
<u>COLLEGE COURSES</u>	<u>FITNESS</u>	<u>LIFESTYLE SKILLS</u>
Apec Courses	Spinning	House hold
Avanti Language	Running	Career Guidance
Colaiste Ide	TRX	Military Team Enhancement
IIFT	Boxing	
80/20 mind set	Speed & Agility	
<u>COURSE CERTIFICATION RUGBY SPECIFIC COURSES</u>	<u>RECOVERY AND RELAXATION</u>	<u>SPORT PSYCHOLOGY AND PSYCHIATRY</u>
Irfu stage 1	Swimming	
Irfu stage 2	Hydro Pool	
Affiliated Referees Course	Jacuzzi	
Safe Rugby	Steam Room	
	Sauna	
<u>SAQ</u>	<u>GYM</u>	<u>PERSONAL DEVELOPMENT</u>
	Individual sessions x3	Individual Coaches meetings
		Individual Self Analysis
	Testing every 8-10 weeks	
<u>AVENIR AND OTHER SPORTS ANALYSIS</u>	<u>WELL BEING</u>	<u>NUTRITION</u>
	Physio Assessment	Practical Cooking Classes
	Pilates	
	Yoga	
<u>EYE GYM</u>	<u>Meditation</u>	
<u>RECREATIONAL</u>	<u>INDIVIDUAL RESPONSIBILITIES</u>	<u>RUGBY PROGRAM</u>
Darts	Personalised Diary	Training
Air Hockey	Completion of S&C Diary	Playing
Pool	House duties	Coaching
Table Tennis	Physio appointments	Refereeing
Chess		Analysing
Play Station		
X Box		
Board Games		
Cinema		
Outings		