**DURFC WEEK 2019-20**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | **ELITE - S & C 7 - 9****(Appointment)****DEVS - S & C 12-1****S & C 1-1 time****SPORTS HALL 9am-10am 7s**  |  | **Match Day** |  | **ELITE - S & C 7 - 9****(Appointment)****S & C 1-1 time** | **ELITE - S & C / UNITS****1030am -12 Noon****DEVS - S & C / UNIT S****9-1030am****(Forwards / Backs)****UNIT SKILLS / CONTACT****3G3 11am-12noon****SH 9am-10am** |  |
| **PM** | **ALL Meet 5pm****Changing room OR Individual skills/ Units****TRAINING –ALL****530PM -7PM****(3G1 /3G2 - 5pm to 7pm)****Sports Hall 5pm -6pm** |  | **Match Day****DC / Racecourse****3G1 5-7pm** | **ELITE-S & C****FLUSH****5pm – 6pm****DEVS-S & C****5pm – 6pm** | **ALL Meet 5pm****Changing room OR Individual skills/ Units****TRAINING –ALL****530PM -7PM****(3G1 /3G2 - 5pm to 7pm)****Sports Hall 5pm -6pm** |  | **REHAB****EXTRAS CAMP****TBC** |
| **EVE** | **PHYSIO****4-5pm Fit for Wednesday Players** **7-830pm Ongoing Treatment Players** | **SPAGS TEAM MEAL** | **Strapping****8am-9am****Teams****2 (away only)****3/4/5** | **PHYSIO****630-8pm****Teams****2 /3/4/5** | **PHYSIO****4-5pm / 7-730pm****1st Team only****PSYCHOLOGIST****3-5pm MC****ACADEMIC MENTORING****4-5 PM. MC** |  |  |