**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** |  |  |