

Day	Date	National	Elite Sprint	Age Perf	Age D	camp	
Friday	1						
Saturday	2						
Sunday	3						
Monday	4	Normal Training Times					
Tuesday	5						
Wednesday	6						
Thursday	7						
Friday	8					college breaks up	
Saturday	9	6.30-8.30am (EP)			6.30-8.30am (EC)		
Sunday	10	off					
Monday	11	6.30-8.00am & 4.00-5.30pm (EC)			6.30-8am (EP) & 5.30-7.00pm inc. S7 (EC)		
Tuesday	12	6.30-8.00am (EC)			4.30-6.30pm (EC)		
Wednesday	13	6.30-8.00am (EC) & 5.45-7.30pm (EP)			off		Commonwealth trials
Thursday	14	5.30-7.30pm (EC)			6.30-8am&4-5.30pm inc. S7 (EC)		Commonwealth trials
Friday	15	6.30-8.00am (EC) (11,25 hrs)			off (8 hrs)		Commonwealth trials
Saturday	16	CW trials/Northampton				CW trials/Northampton	
Sunday	17	CW trials/Northampton				CW trials/Northampton	
Monday	18	6.30-8.30am (EC) & 4.00-5.30pm (EC)			6.30-8am (EP) & 6-7.30pm inc. S7 (EP)		
Tuesday	19	4.00-6.00pm (EC)			off		
Wednesday	20	6.30-8.30am (EC) & 4.00-5.30pm (EC)			6.30-8am (EP) & 6-7.30pm inc. S7 (EP)		
Thursday	21	4.00-6.00pm (EC)			off		
Friday	22	6.30-8.30am (EC) & 4.00-5.30pm (EC)			6.30-8am (EP) & 6-7.30pm inc. S7 (EP)		
Saturday	23	30am(EP)&2.30-4pm (EC) (	6.30-8.30am(EP) (15hrs)	2.30-4.00pm(EC)(14,5hrs)	2.30-4pm(EC)(10,5hrs)		
Sunday	24	Christmas Eve					
Monday	25	Christmas Day					
Tuesday	26	Boxing Day					
Wednesday	27	7.00-9.00am (EC) & 3.30-5.30pm (EC)			9am-11am inc. S7 (EC) & 3.30-5.30pm (EC)		
Thursday	28	7.00-9.00am (EC) & 3.30-5.30pm (EC)			7.00-9.00am (EC)		
Friday	29	7.00-9.00am (EC) & 3.30-5.30pm (EC)			3.30-5.30pm (EC)		
Saturday	30	6.30-8.30am (EC) (14hrs)			8.30-10.30am (EC) inc. S7 (9,5hrs)		
Sunday	31	New Years Eve					