

Weekly Training Planner

	Pitch 1	Pitch 2	Pitch 3	Possible Matches
Sunday	9:00 to 11:00 U16&Senior Camogie to 1:45 - U8&U10 Football	12:30 to 1:45 - U12 Football to 1:45 - U14 Football		Senior Football/Hurling
Monday	7:00 to 8:30 Senior Hurling		6:30 to 7:30 U12 Football Training	U16 Camogie
Tuesday	7:00 to 8:30 Senior & Minor Football (On nights with Minor match Senior training will start at 7:30 on Pitch 2)	6:30 to 8:00 U16 Football (On nights with Minor match U16 training to move to Pitch 3)		Minor Football 7:00 for a few weeks then 7:30
Wednesday	5:30 to 7:30 - U8&U10 Hurling (On nights with Senior matches U8&U10 training to finish earlier if necessary)	6:30 to 7:45 U12&U14 Camogie		Senior Football/Hurling 7:00 & 7:30
Thursday	7:00 to 8:30 Senior & Minor Football (On nights with U16 match Senior training will start at 7:30 on Pitch 2)	6:00 to 7:30 U12&U14 Hurling	6:00 to 7:15 U16&Senior Camogie	U16 Football 7:00 for a few weeks then 7:30
Friday	7:00 to 8:30 Senior Hurling (On nights with U12 & U14 Football match Senior training will be on Pitch 2)	6:00 to 7:00 U8&U10 Camogie		U12 & U14 Football
Saturday				U12 & U14 Camogie 11:00 to 1:00 U12 & U14 Hurling