

**Off Season Crusaders Program 2007**

<b>Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 – 10</b>	<b>Speed (2) (MP)</b>	<b>Skills (MP)</b>	<b>Speed (3) (MP)</b>		<b>Speed (1) (MP)</b>
<b>10 – 11</b>	<b>Strength (2) (RP) Speed (3) (MP)</b>	<b>Squash or Strongman or Strength</b>	<b>Strength (3) (RP) Speed (1) (MP)</b>	<b>Squash or Strength or Strongman</b>	<b>Strength (1) (RP) Speed (2) (MP)</b>
<b>11 – 12</b>	<b>Strength (3) (RP) Speed (1) (MP)</b>	<b>Pilates or Kick Boxing or Stretch Class</b>	<b>Strength (1) (RP) Speed (2) (MP)</b>	<b>Stretch Class or Kick Boxing or Pilates</b>	<b>Strength (2) (RP) Speed (3) (MP)</b>
<b>12 – 1</b>	<b>Strength (1) (RP)</b>	<b>Pilates</b>	<b>Strength (2) (RP)</b>	<b>Pilates</b>	<b>Strength (3) (RP)</b>
<b>1 – 2</b>					
<b>2 – 3</b>	<b>Skills (Uni)</b>		<b>Skills (QE II)</b>	<b>Skills (MP)</b>	<b>Skills (MP)</b>
<b>3 – 4</b>	<b>Repeated Speed (Uni)</b>	<b>Rowing Intervals (Pro) or Hill Repeats (TBA)</b>	<b>Basketball (QE II)</b>	<b>Anaerobic Games (MP)</b>	<b>Cross Country Run or Repeated Speed</b>
<b>4 – 5</b>	<b>Mountain Biking or Karate (Barbadoes St)</b>	<b>Yoga or Kick Boxing</b>	<b>Water Polo (QE II) or Swim Intervals (QEII)</b>	<b>Boxing (RP) or Wrestling (RP)</b>	<b>Dragon Boating (Lyttleton) or Kayaking</b>
<b>Timing</b>	<b>5 hours</b>	<b>5 hours</b>	<b>5 hours</b>	<b>5 hours</b>	<b>5 hours</b>

Gro  
up 1 –  
Gainers  
(Props &

Locks)

Group 2 – Users (Hooker, Loosies, 9, 10, 12)

Group 3 – Finishers (Centre, Wingers, Full Back)