

OLD CAMBERWELL GRAMMARIANS FC							
Pre-Season Training Schedule							
Season 2010							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Nov. 16th</b>	<b>17th</b>	<b>18th</b>	<b>19th</b>	<b>20th</b>	<b>21st</b>	<b>22nd</b>
			Gordon Barnard Oval	Circuit/ Stretching	Stretching	The Tan South Yarra	Stretching Walk, Bike ride or Swim
2	<b>23rd</b>	<b>24th</b>	<b>25th</b>	<b>26th</b>	<b>27th</b>	<b>28th</b>	<b>29th</b>
	Steady State Run 30 mins.	Stretching	Gordon Barnard Oval	Circuit/ Stretching	Stretching	The Tan South Yarra	Stretching Walk, Bike ride or Swim
3	<b>30th</b>	<b>Dec. 1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b>
	Steady State Run 30 mins.	Stretching	Gordon Barnard Oval	Circuit/ Stretching	Stretching	Steady State Run 30 mins.	Stretching Walk, Bike ride or Swim
4	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>	<b>13th</b>
	Steady State Run 35 mins.	Stretching	Gordon Barnard Oval	Circuit/ Stretching	Stretching	Steady State Run 35 mins.	Stretching Walk, Bike ride or Swim
5	<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>	<b>19th</b>	<b>20th</b>
	Steady State Run 40 mins.	Stretching	Gordon Barnard Oval	Circuit/ Stretching	Stretching	Steady State Run 40 mins.	Stretching Walk, Bike ride or Swim
6	<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>	<b>26th</b>	<b>27th</b>
	Steady State Run 40 mins.	Stretching	1 unit running	Circuit/ Stretching	Christmas Day	Boxing Day	Stretching Walk, Bike ride or Swim
7	<b>28th</b>	<b>29th</b>	<b>30th</b>	<b>31st</b>	<b>Jan. 1st</b>	<b>2nd</b>	<b>3rd</b>
	Steady State Run 20 mins.	Stretching	1 unit running	Circuit/ Stretching	New Years Day	Steady State Run 30 mins.	Stretching Walk, Bike ride or Swim
8	<b>4th</b>	<b>5th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>
	Steady State Run 30 mins.	Stretching	2 unit running	Circuit/ Stretching	Stretching	Steady State Run 30 mins.	Stretching Walk, Bike ride or Swim

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9	<b>11th</b> Steady State Run 40 mins.	<b>12th</b> Stretching	<b>13th</b> 3 unit running	<b>14th</b> Circuit/ Stretching	<b>15th</b> Stretching	<b>16th</b> Steady State Run 40 mins.	<b>17th</b> Stretching Walk, Bike ride or Swim
10	<b>18th</b> Steady State Run 40 mins.	<b>19th</b> Stretching	<b>20th</b> Balwyn High School	<b>21st</b> Circuit/ Stretching	<b>22nd</b> Gordon Barnard Oval	<b>23rd</b> Stretching	<b>24th</b> Stretching Walk, Bike ride or Swim
11	<b>25th</b> Steady State Run 40 mins.	<b>26th</b> Stretching	<b>27th</b> Balwyn High School	<b>28th</b> Circuit/ Stretching	<b>29th</b> Gordon Barnard Oval	<b>30th</b> Steady State Run 40 mins.	<b>31st</b> Stretching Walk, Bike ride or Swim
12	<b>Feb. 1st</b> Balwyn High School	<b>2nd</b>	<b>3rd</b> Gordon Barnard Oval	<b>4th</b>	<b>5th</b> The Tan South Yarra	<b>6th</b>	<b>7th</b>
13	<b>8th</b> Balwyn High School	<b>9th</b>	<b>10th</b> Gordon Barnard Oval	<b>11th</b>	<b>12th</b> Fawkner Park South Yarra	<b>13th</b>	<b>14th</b>
14	<b>15th</b> Bike Ride Westerfolds Park	<b>16th</b>	<b>17th</b> Gordon Barnard Oval	<b>18th</b>	<b>19th</b> CGS Mont Albert	<b>20th</b>	<b>21st</b>
15	<b>22nd</b> Balwyn High School	<b>23rd</b>	<b>24th</b> Gordon Barnard Oval	<b>25th</b>	<b>26th</b> CGS Mont Albert	<b>27th</b>	<b>28th</b>
16	<b>Mar. 1st</b> South Melbourne Beach	<b>2nd</b>	<b>3rd</b> Gordon Barnard Oval	<b>4th</b>	<b>5th</b>	<b>6th</b> Labour Day Long Weekend	<b>7th</b> Labour Day Long Weekend

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17	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>	<b>13th</b>	<b>14th</b>
	Labour Day		Gordon				OCGFC
	Public Holiday		Barnard				Planning Day
			Oval				Balwyn Pool
18	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>	<b>19th</b>	<b>20th</b>	<b>21st</b>
	Balwyn		Gordon			Practise Matches	Practise Matches
	High		Barnard			vs.	vs.
	School		Oval			Old Geelong	Old Geelong
						Venue: TBA	Venue: TBA
19	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>	<b>26th</b>	<b>27th</b>	<b>28th</b>
	Balwyn		Gordon			Practise Matches	Practise Matches
	High		Barnard			vs.	vs.
	School		Oval			North Old Boys	North Old Boys
						Venue: TBA	Venue: TBA
20	<b>29th</b>	<b>30th</b>	<b>31st</b>	<b>April 1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
	Balwyn		Gordon		Good Friday	Easter Saturday	Easter Sunday
	High		Barnard		Public Holiday	Public Holiday	Public Holiday
	School		Oval				