

Daily Schedule

- ✔ 7:30 – 8:00 AM Wake Up

- ✔ 8:00 – 9:00 AM Breakfast

- ✔ 9:30 – 12.30 AM Morning Rugby Sessions
(Small Group / Position Specific / / S&C / Speed & Agility)

- ✔ 12.30 – 1:30 PM Lunch

- ✔ 1:30–4:00 PM Afternoon Rugby Sessions
(Game Specific / Pro Player Appearance / Match Play)

- ✔ 4:00 – 6:00 PM Swimming Recovery And Player Profiling

- ✔ 6:00 – 7:00 PM Dinner

- ✔ 7:00 – 8:30 PM Evening Activity

- ✔ 8:30 – 9:30 PM Wind Down And Prepare For Bed

- ✔ 10:00 PM Lights Out