

M3 COACHING ROTA

WEEK NUMBER PHASE DATE TIME COACH 1 COACH 2 UNAVAILABLE

33	technical- with speed	17/08/2017	7pm	John		<i>Jeni</i>
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WEEKS 34-39						
34	technical- with speed	24/08/2017	7pm	Lewis	Michele	<i>Jeni</i>
35	technical- with speed	31/08/2017	7pm	Alan	Barbara	<i>Jeni Marc</i>
36	technical- with speed	07/09/2017	7pm	Jeni	Kenny	
37	technical- with speed	14/09/2017	7pm	Dougal	Eric	<i>Alan Marc</i>
38	Speed/ Power	21/09/2017	7pm	Marc S	John	<i>Alan Dougal Jeni</i>
39	Speed/ Power	28/09/2017	7pm	Mark M	Simone	<i>Eric Dougal Marc</i>

WEEKS 40-45						
40	Speed/ power	05/10/2017	7pm	Lewis	Michele	
41	Speed/ power	12/10/2017	7pm	Alan	Barbara	<i>Jeni Marc Mark</i>
42	distance	19/10/2017	7pm	Jeni	Kenny	<i>Mark</i>
43	distance	26/10/2017	7pm	Dougal	Eric	<i>Jeni Marc</i>
44	distance	02/11/2017	7pm	Marc S	John	<i>Jeni</i>
45	distance	09/11/2017	7pm	Mark M	Simone	<i>Marc</i>

WEEKS 46-51						
46	technical- with speed	16/11/2017	7pm	Alan	Barbara	<i>Lewis Jeni</i>
47	technical- with speed	23/11/2017	7pm	Lewis	Michele	<i>Marc</i>
48	technical- with speed	30/11/2017	7pm	Jeni	Kenny	
49	technical- with speed	07/12/2017	7pm	Dougal	Eric	<i>Marc</i>
50	technical- with speed	14/12/2017	7pm	Marc S	John	<i>Jeni</i>
51	Speed/ Power	21/12/2017	7pm	Mark M	Simone	<i>Marc</i>

WEEKS 52-01						
52	Speed/ Power	28/12/2017	7pm	WINTER BREAK		
1	Speed/ power	04/01/2018	7pm			

WEEKS 2-7						
2	Speed/ power	11/01/2018	7pm			
3	distance	18/01/2018	7pm			
4	distance	25/01/2018	7pm			
5	distance	01/02/2018	7pm			
6	distance	08/02/2018	7pm			
7	technical- with speed	15/02/2018	7pm			

WEEKS 8-13						
8	technical- with speed	22/02/2018	7pm			
9	technical- with speed	01/03/2018	7pm			
10	technical- with speed	08/03/2018	7pm			
11	technical- with speed	15/03/2018	7pm			
12	technical- with speed	22/03/2018	7pm			
13	technical- with speed	29/03/2018	7pm			