

APPENDIX - Indicative Training Programme

Week	Ending	Squads on Sat	Squads on Sun	Events
41	15/16 Oct 2011	ALL	ALL	WELCOME MEETING AND RUN
42	22/23 Oct 2011			
43	29/30 Oct 2011			
44	5/6 Nov 2011			
45	12/13 Nov 2011			
46	19/20 Nov 2011	MO, M30s, W30s	MO, M30s, W30s	
47	26/27 Nov 2011			
48	3/4 Dec 2011	WO, XO, M35/40s	WO, XO, M35/40s	
49	10/11 Dec 2011			
50	17/18 Dec 2011			
51	24/25 Dec 2011			
52	31 Dec/ 1 Jan 2012			
1	7/8 Jan 2012	MO, M30s, W30s	MO, M30s, W30s	
2	14/15 Jan 2012			
3	21/22 Jan 2012	WO, XO, M35/40s	WO, XO, M35/40s	
4	28/29 Jan 2012			
5	4/5 Feb 2012			Six Nations (Home v Eng) - 4th
6	11/12 Feb 2012			Six Nations (Away v Wales) - 12th
7	18/19 Feb 2012	MO, M30s, W30s	MO, M30s, W30s	
8	25/26 Feb 2012			Six Nations (Home v France) - 26th
9	3/4 March 2012	WO, XO, M35/40s	WO, XO, M35/40s	
10	10/11 March 2012			Six Nations (Away v Ireland) - 10th
11	17/18 March 2012	ALL	TRIALS	TRIALS/ REGIONALS
12	24/25 March 2012			
13	31 Mar/ 1 April 2012	ALL	TRIALS	TRIALS/ REGIONALS
14	7/8 Apr 2012			1st April FINAL SELECTION of 16
15	14/15 Apr 2012			
16	21/22 Apr 2012	MO, M30s, W30s	MO, M30s, W30s	
17	28/29 Apr 2012			
18	5/6 May 2012	WO, XO, M35/40s	WO, XO, M35/40s	
19	12/13 May 2012			
20	19/20 May 2012	ALL	ALL	
21	26/27 May 2012			
22	2/3 June 2012	MO, M30s, W30s	MO, M30s, W30s	
23	9/10 June 2012			
24	16/17 June 2012	WO, XO, M35/40s	WO, XO, M35/40s	
25	23/24 June 2012			
26	30 June/ 1 July 2012	MO, M30s, W30s	MO, M30s, W30s	
27	7/8 July 2012			
28	14/15 July 2012	WO, XO, M35/40s	WO, XO, M35/40s	
29	21/22 July 2012			
30	28/29 July 2012	ALL	ALL	
31	4/5 Aug 2012			
32	11/12 Aug 2012	MO, M30s, W30s	MO, M30s, W30s	
33	17/18 Aug 2012	WO, XO, M35/40s	WO, XO, M35/40s	
34	24/25 Aug 2012			
35	1/2 Sept 2012	ALL	ALL	
36 onwards	EUROPEAN CHAMPIONSHIPS PROVISIONALLY EARLY SEPTEMBER			