



Training Schedule 2009 / 2010

Pre Season	Tuesday	Thursday	Saturday
Date	30 June 2009	02 July 2009	04 July 2009
Activity	Light session to blow out the cob webs Touch rugby - get the ball in hands	1st fitness assessment Touch rugby - get the ball in hands	
Where	PRFC	PRFC	
Date	07 July 2009	09 July 2009	11 July 2009
Activity	Conditioning	Conditioning Key skills - Passing	
Where	PRFC	PRFC	
Date	14 July 2009	16 July 2009	18 July 2009
Activity	Conditioning	Light conditioning Key skills - Line Out & Scrum	
Where	PRFC	PRFC	
Date	21 July 2009	23 July 2009	25 July 2009
Activity	Conditioning Team building exercise	2nd fitness assessment Key skills - Contact Situations	Key skills - Kicking
Where	Puddletown forest	PRFC	PRFC
Date	28 July 2009	30 July 2009	01 August 2009
Activity	Conditioning with a difference - Guest Trainer	Light conditioning Key Skills - Game Plan Development	
Where	PRFC	PRFC	
Date	04 August 2009	06 August 2009	08 August 2009
Activity	Conditioning	Light conditioning Key Skills - Attack and Defence	
Where	PRFC	PRFC	
Date	11 August 2009	13 August 2009	15 August 2009
Activity	Conditioning	Light conditioning Key Skills - Ruck & Maul	Tony Smeeth Training Weekend Probable Friday evening & all day Saturday
Where	PRFC	PRFC	PRFC
Date	18 August 2009	20 August 2009	22 August 2009
Activity	Light conditioning 7 a side	Inter-club trials match	Warm-up match vs TBC
Where	PRFC	PRFC	
Date	25 August 2009	27 August 2009	29 August 2009
Activity	Feedback from Saturday - Good / Bad Light conditioning Key Skills - Game Plan Development	Light conditioning 2nd fitness assessment Development feedback	Warm-up match vs TBC
Where	PRFC	PRFC	PRFC
Date	01 September 2009	03 September 2009	05 September 2009
Activity	Feedback from Saturday - Good / Bad Light conditioning Key Skills - Game Plan Development	Light conditioning Specific game plan	Dorchester Show - Recruitment Support
Where	PRFC	PRFC	
Date	08 September 2009	10 September 2009	12 September 2009
Activity	Conditioning	Light conditioning Specific game plan	Season Starts
Where	PRFC	PRFC	

The club can help you - But only you can get fitter, more skillfull, smarter - Through hardwork and commitment