

	Mon 18 th Dec	Tue 19 th Dec	Wed 20 th Dec	Thu 21 st Dec	Fri 22 nd Dec	Sat 23 rd Dec	Sun 24 th Dec
National Squad	05:15 – 07:15 Queen's Park	05:15 – 07:15 Queen's Park	07:00 – 09:30 Matlock Stretch 09:30–10:00	07:00 – 09:30 Matlock Gym 10:15 – 11:30	07:00 – 09:30 Matlock Gym 10:15–11:30	05:15 – 08:00 Queen's Park Stretch 08:00–08:30	Off
Regional Squad	05:15 – 07:15 Queen's Park	05:15 – 07:15 Queen's Park	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	08:30 – 10:00 Queen's Park Land 10:30 – 11:15 TBC	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	05:15 – 08:00 Queen's Park Stretch 08:00–08:30	Off
County Squad	Off	05:45 – 07:15 Queen's Park	08:30 – 10:00 Queen's Park Stretch 10:00–10:30 TBC	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	08:30 – 10:00 Queen's Park Stretch 10:00–10:30 TBC	Off	Off

	Mon 25 th Dec	Tue 26 th Dec	Wed 27 th Dec	Thu 28 th Dec	Fri 29 th Dec	Sat 30 th Dec	Sun 31 st Dec
National Squad	Off	Off	07:00 – 09:30 Matlock Gym 10:15 – 11:30	07:00 – 09:30 Matlock Stretch 09:30–10:00	07:00 – 09:30 Matlock Gym 10:15 – 11:30	05:15 – 08:00 Queen's Park Stretch 08:00–08:30	Off
Regional Squad	Off	Off	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	08:30 – 10:00 Queen's Park Land 10:30 – 11:15 TBC	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	05:15 – 08:00 Queen's Park Stretch 08:00–08:30	Off
County Squad	Off	Off	08:30 – 10:00 Queen's Park Stretch 10:00–10:30 TBC	07:00 – 08:30 Queen's Park Stretch 08:30–09:00 TBC	08:30 – 10:00 Queen's Park Stretch 10:00–10:30 TBC	Off	Off

Monday 1st January – Off

Return to normal training Tuesday 2nd January