

Training resumes on Monday 14 May at 5.45pm.

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Training resumes on Monday 14 May at 5.45pm at Ringwood. Warming up together.

Others will be provided correspondence sessions.

All athletes to do 2 x sessions of 30mins exercise (any) in the week prior to resumption.

Athletes wishing to maintain some condition during break are permitted to do 2x light sessions (1x light weights/conditioning and 1x light running).