

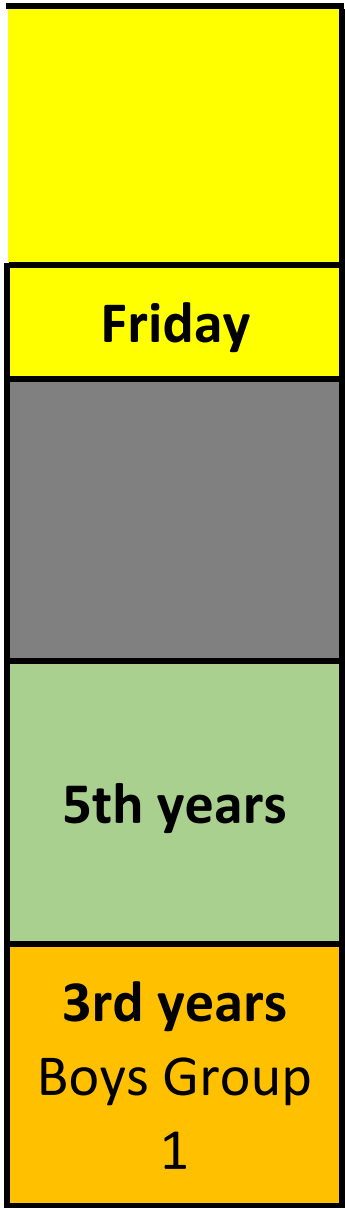
# Strength & Conditioning **Off-Season Timetable**

Starting week beginning 23rd March 2026

Open to all SAC sports team athletes

Venue	Monday	Tuesday	Wednesday	Thursday
Sports Hall 7.15-8.15am		2nd year Boys & Girls (4 sessions: April 14, 21, 28, May 12)	SCT	
Collen Gym 7am-8.15am	5th years	5th years	SCT	5th years *Plus on pitch conditioning for all senior athletes meet at 8 am
Collen Gym 4pm-5pm	3rd years Boys Group 2	TY		TY

Collen Gym 5pm-5.45pm	<b>3rd years</b> Boys Group 1			<b>3rd years</b> Girls
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**Friday**

**5th years**

**3rd years**  
Boys Group  
1

**3rd years**

Boys Group

2