



Villanova College  
Strength & Conditioning Program  
Term 2, 2023 (commences Week 9, Term 1 - Monday 20th March)



Term 2 (Wks 9&10, T1)	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM (6:45-8AM)</b>	<b>Rugby Firsts (AS)</b>	<b>Rugby Develop (BM)</b>	<b>Rugby Firsts (AS)</b>	<b>LTAD Year 8</b>	<b>Rugby Firsts (AS)/LTAD Year 9</b>
<i>S&amp;C Coach</i>	<i>Athletix x 1</i>	<i>Athletix x 2</i>	<i>Athletix x 1</i>	<i>Athletix x 2</i>	<i>Athletix x 1</i>
<b>PM (3:15-4:30PM)</b>	<b>LTAD Year 7</b>	<b>LTAD 10-12</b>	<b>LTAD Year 9</b>	<b>Football/Cross-Country</b>	<b>LTAD Years 10-12</b>
<i>S&amp;C Coach</i>	<i>Athletix x 2</i>	<b>Basketball</b> <i>Athletix x 2</i>	<i>Athletix x 2</i>	<b>Basketball</b> <i>Athletix x 2</i>	<i>Athletix x 1</i>

LTAD - Long Term Athlete Development.

LTAD sessions - Sign-up register (via the College Newsletter/Sport Bulletin, Website and App). Only registered boys may attend the gym. Maximum capacity is 35 students.

Note the Friday morning Year 9 LTAD session will commence in Week 2, Term 2.