



Villanova College
Strength & Conditioning Program
Term 2, 2023 (commences Monday 17th April)
Updated 29-3-23



Version 1 is for Week 1, Term 2 only

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

Version 2 is for Weeks 2-8, Term 2

Term 2, Weeks 2-8	Monday	Tuesday	Wednesday	Thursday	Friday
AM (6:45-8AM)	Rugby Firsts (AS)	Rugby Develop (BM)	LTAD Year 8	Rugby Firsts (AS)	LTAD Year 9
S&C Coach	Athletix x 1	Athletix x 2	Athletix x 2	Athletix x 1	Athletix x 1
PM (3:15-4:30PM)	LTAD Year 7	LTAD 10-12	LTAD Year 9 (3:15-4pm)	Football/Cross-Country	LTAD Years 10-12
S&C Coach	Athletix x 2	Basketball Athletix x 2	Staff session (4-4:45pm) Athletix x 2	Basketball Athletix x 2	Athletix x 1

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.