



Kingborough Girls Team July Holiday Training Schedule 2026

WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
1		13/07/2026	14/07/2026	15/07/2026	16/07/2026	17/07/2026
	High Performance	<i>DESIGNATED WEEK OFF TRAINING L7-10</i>				
	Senior Teams					
	Pre-Senior					
	Girls Team Gold					
	JD Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30*
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30*

**Replacement for those with regular Saturday training*

WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
2		20/07/2026	21/07/2026	22/07/2026	23/07/2026	24/07/2026
	High Performance		1.30-3.30			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	<i>Day off training after competition</i>	12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold		12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30				3.30-6.30	
	GT Bronze 3.30		<i>Day off training after competition</i>		3.30-6.30	
	GT Silver 4.30			4.30-7.30	3.30-6.30*	
	GT Bronze 4.30			4.30-7.30		
	JD Bronze				3.30-6.30	3.30-6.30*