

## FIG Squad Training Programme – January 2010

Day	Time	FIG Bases	FIG Tops
<b>Mon</b>	6.15 – 6.35	Cat 1 Floor Skills	Cat 1 Floor Skills
	8.00 – 8.30		
<b>Tues</b>	6.00 – 6.15	Warm Up – Senior Led	Warm Up – Senior Led
	6.15 – 6.35	Floor Skills	Floor Skills
	7.55 – 8.15	Weights	Specific Conditioning
	8.15 – 8.25	Extensive Suppling	Extensive Suppling
<b>Wed</b>	6.00 – 6.15	Warm Up – 4 Corners	Warm Up – 4 Corners
	6.15 – 6.30	Tumble	Trampoline
	7.55 – 8.15	Specific Conditioning	Specific Conditioning
	8.15– 8.25	Extensive Suppling	Extensive Suppling
<b>Fri</b>	6.00 – 6.15	Warm Up – 4 Corners	Warm Up – 4 Corners
	8.05 – 8.35	Tramp	Tumble
	8.35 – 8.55	Conditioning Circuit	Conditioning Circuit
<b>Sat</b>	1.00 – 1.15	Warm Up – Senior Led	Warm Up – Senior Led
	1.15 – 1.35	Floor Skills	Floor Skills
	4.25 – 4.50	Tumble	Dance
	4.50 – 5.15	Weights	Specific Conditioning
	5.15 – 5.30	Extensive Suppling	Extensive Suppling
<b>Sun</b>			