

Mercer Girls Winter Training 2015 - 2016

Start Date:

Wednesday 11/11

Varsity Roster:

Mia
Rachel
Kate H
Katie L
Sheila
Elizabeth B
Julia
Catie VB
Kieren
Sara H
Kathryn M
Caitlin C
Jenna
Eileen H
Lauren M
Gwyneth
Sarah C
Izzy R
Ciara
Gloriana
Jackie
Ally V
Bridget

Elise rx
Celia rx
Laila rx

Mercer Girls Winter Training 2015 - 2016
Week 1 Schedule 11/11 - 11/15

Wednesday 11/11

Boathouse - Weights (A) and Erg
5:45 - 7:45pm

Thursday 11/12

Boathouse - Erg
5:45 - 7:45pm

Friday 11/13

Princeton Stadium Track
4:00 - 5:30pm

Saturday 11/14

Strength Training
11:00am-12:30pm
CrossFit Hamilton
92 North Main Street, Building 3A
Windsor , NJ 08561

Sunday 11/15

OPTIONAL row/erg
Boathouse
9:30am - 11:00am

Mercer Girls Winter Training 2015 - 2016
Week 2 Schedule 11/16 - 11/22

Monday 11/16

Boathouse - Weights (A) and Erg
5:45 - 7:45pm

Tuesday 11/17

Boathouse - Erg
5:45 - 7:45pm

Wednesday 11/18

CrossFit Hamilton - Weights
4:00 - 5:30pm

Thursday 11/19

Boathouse - Erg
3:45 - 5:45pm

Friday 11/20

Boathouse - Weights (A) and Erg
5:45 - 7:45pm

Saturday 11/21

OFF

Sunday 11/22

OPTIONAL row/erg
Boathouse
9:30am - 11:00am

Monday 11/23

Boathouse 5:45pm - 7:45pm
6k Erg Test**

Mercer Girls Winter Training 2015 - 2016
Week 3 Schedule 11/23 - 11/29

Monday 11/23

Boathouse 5:45pm - 7:45pm

6k Erg Test**

Tuesday 11/24

Princeton Stadium Track

4:00 - 5:30pm

Wednesday 11/25

CrossFit Hamilton - Weights

4:00 - 5:30pm

Thursday 11/26

OFF

Friday 11/27

On your own/small group

45 minutes 'SS Pressure' (Run, Bike, Erg)

Saturday 11/28

Strength Training

11:00am-12:30pm

CrossFit Hamilton

92 North Main Street, Building 3A

Windsor , NJ 08561

Sunday 11/29

OPTIONAL row/erg

Boathouse

9:30am - 11:00am