2021 JUNIOR BREAKERS TRAINING PLAN
10TH TO 28TH OF JANURARY

TUESDAY	**MBS**	**MBS 1A**	**MBS 1B**	**MBS 2A**	**MBS 2B**	**MBS 3A**	**MBS 3B**
	5:00PM-6:30PM	12B SQUAD 1		12B SQUAD 2		12B SQUAD 3	12B SQUAD 4
	6:30PM-8:00PM	14B SQUAD 1		14B SQUAD 2		14B SQUAD 3	14B SQUAD 4
WEDNESDAY	**MBS**	**MBS 1A**	**MBS 1B**	**MBS 2A**	**MBS 2B**	**MBS 3A**	**MBS 3B**
	5:00PM-6:30PM	16B SQUAD 1		16B SQUAD 2		16B SQUAD 3	
	6:30PM-8:00PM	18B SQUAD 1		18B SQUAD 2		18B SQUAD 3	
THURSDAY	**MBS**	**MBS 1A**	**MBS 1B**	**MBS 2A**	**MBS 2B**	**MBS 3A**	**MBS 3B**
	5:00PM-6:30PM	12G SQUAD 1		12G SQUAD 2			
	6:30PM-8:00PM	14G SQUAD 1		14G SQUAD 2		14G SQUAD 3	14G SQUAD 4
	8:00PM-9:30PM	18G SQUAD 1		16G SQUAD 1		16G SQUAD 2	
SUNDAY	**MBS**	**MBS 1A**	**MBS 1B**	**MBS 2A**	**MBS 2B**	**MBS 3A**	**MBS 3B**
	8:30AM-10:00AM	12G SQUAD 1		12G SQUAD 2			
	10:00AM-11:30AM	14G SQUAD 1		14G SQUAD 2		14G SQUAD 3	14G SQUAD 4
	11:30AM-1:00PM	18G SQUAD 1		16G SQUAD 1		16G SQUAD 2	
	1:00PM-2:30PM	12B SQUAD 1		12B SQUAD 2		12B SQUAD 3	12B SQUAD 4
	2:30PM-4:00PM	14B SQUAD 1		14B SQUAD 2		14B SQUAD 3	14B SQUAD 4
	4:00PM-5:30PM	16B SQUAD 1		16B SQUAD 2		16B SQUAD 3	
	5:30PM-7:00PM	18B SQUAD 1		18B SQUAD 2		18B SQUAD 3	