

Surf Sports

Winter Training Program

COACHES: KY HURST & Andrew Murfet

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am Ski 4:15pm Board/Run	 4:15pm Ski	6:00am Irons	6:00am Run/Swim 4:15pm Ski	6:00am Ski 4:15pm Board	6:00am Irons/Ski
6:00am Ski 4:15pm Board/Run	 4:15pm Ski	6:00am Irons	6:00am Run/Swim 4:15pm Ski	6:00am Ski 4:15pm Board	6:00am Irons/Ski
6:00am Ski 4:15pm Board/Run	 4:15pm Ski	6:00am Irons	6:00am Run/Swim 4:15pm Ski	6:00am Ski 4:15pm Board	6:00am Irons/Ski
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