| Saturday 25 May 2024 | СОАСН | SQUAD | TRAINING | HRS |
|-----------------------|--------------|----------------|--------------------|------|
| | Alex | WAG 1 | 10.00am-3.00pm | 5.00 |
| | Alex | WAG 2 | 10.00am-3.00pm | 5.00 |
| | Alex | WAG 3 | 10.00am-3.00pm | 5.00 |
| | Ruth | TRA / DMT | Normal Training | |
| | Phil | TRA / DMT | Normal Training | |
| Sunday 26 May 2024 | NO TRAINING | | | |
| Monday 27 May 2024 | BANK HOLIDAY | - NO TRAINING | | |
| Tuesday 28 May 2024 | СОАСН | SQUAD | TRAINING | HRS |
| | Callum | MAG 1 | 10.00am-3.00pm | 5.00 |
| | Callum | MAG 2 | 10.00am-3.00pm | 5.00 |
| | Alex | WAG 1 | 10.00am-3.00pm | 5.00 |
| | Alex | WAG 2 | 10.00am-3.00pm | 5.00 |
| | Alex | WAG 3 | 10.00am-3.00pm | 5.00 |
| | Katrina | WAG 4 | ТВС | |
| | Phil | TRA / DMT | Normal Training | |
| | Ruth | TRA / DMT | Normal Training | |
| Wednesday 29 May 2024 | СОАСН | SQUAD | TRAINING | HRS |
| | Katrina | WAG 5 | 4.15pm-615pm | 2.00 |
| | Amy | WAG 4 | 4.45pm-8.15pm | 3.50 |
| | Alex | MAG 1 | 5.15pm-8.15pm | 3.00 |
| | Alex | MAG 2 | 5.15pm-8.15pm | 3.00 |
| | Phil | TRA | Normal Training | |
| | Ruth | TRA | Normal Training | |
| Thursday 30 May 2024 | СОАСН | SQUAD | TRAINING | HRS |
| | Callum | MAG 3 | 12.45pm-2.45pm | 2.00 |
| | Callum | MAG 1 | 3.00pm-6.30pm | 3.50 |
| | Callum | MAG 2 | 3.00pm-6.30pm | 3.50 |
| | Alex | WAG 1 | 3.15pm-6.30pm | 3.25 |
| | Alex | WAG 2 | 3.15pm-6.30pm | 3.25 |
| | Alex | WAG 3 | 3.15pm-6.30pm | 3.25 |
| Friday 31 May 2024 | СОАСН | SQUAD | TRAINING | HRS |
| | Callum | MAG 3 | 10.00am-12.00pm | 2.00 |
| | Alex | WAG 1 | 10.00am-2.00pm | 4.00 |
| | Alex | WAG 2 | 10.00am-2.00pm | 4.00 |
| | Kat | WAG 5 | 4.15pm-6.15pm | 2.00 |
| | Phil | TRA | Normal Training | |
| | Ruth | TRA | Normal Training | |
| | Pat | TRA | Normal Training | |
| Saturday 01 June 2024 | СОАСН | SQUAD | TRAINING | HRS |
| | Callum | MAG PEGAS | US OPEN 1 & 2 JUNE | |
| | Alex | WAG 1 | 1.00pm-4.00pm | 3.00 |
| | | | 1.00pm-4.00pm | 3.00 |
| | Alex | WAG 2 | 1.00pm-4.00pm | 0.00 |
| | Alex Alex | WAG 2 WAG 3 | 1.00pm-4.00pm | 3.00 |
| | | | | |