

# August 2026

| July '26 |    |    |    |    |    |    | September '26 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M        | T  | W  | T  | F  | S  | S  | M             | T  | W  | T  | F  | S  | S  |
|          |    | 1  | 2  | 3  | 4  | 5  |               | 1  | 2  | 3  | 4  | 5  | 6  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 | 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 | 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 | 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 27       | 28 | 29 | 30 | 31 |    |    | 28            | 29 | 30 |    |    |    |    |

| Monday              | Tuesday                          | Wednesday         | Thursday          | Friday            | Saturday | Sunday            |
|---------------------|----------------------------------|-------------------|-------------------|-------------------|----------|-------------------|
| 27                  | 28                               | 29                | 30                | 31                | 1        | 2 OLC             |
|                     |                                  |                   |                   |                   |          | No Squad Training |
| 3                   | 4 Ab Dab                         | 5 OLC             | 6 Wrekin          | 7 Wrekin          | 8        | 9 OLC             |
|                     | Squad Training                   | Squad Training    | Squad Training    | Squad Training    |          | No Squad Training |
| 10                  | 11 Ab Dab                        | 12 OLC            | 13 Wrekin         | 14 Wrekin         | 15       | 16 OLC            |
|                     | No Squad Training                | No Squad Training | No Squad Training | No Squad Training |          | No Squad Training |
| 17                  | 18 Ab Dab                        | 19 OLC            | 20 Wrekin         | 21 Wrekin         | 22       | 23 OLC            |
|                     | No Squad Training                | No Squad Training | No Squad Training | No Squad Training |          | No Squad Training |
| 24                  | 25 Ab Dab                        | 26 OLC            | 27 Wrekin         | 28 Wrekin         | 29       | 30 OLC            |
|                     | Squad Training                   | Squad Training    | Squad Training    | No Squad Training |          | No Squad Training |
| 31                  | 1 Ab Dab                         |                   |                   |                   |          |                   |
| AUGUST BANK HOLIDAY | Squad Training<br>Back to normal |                   |                   |                   |          |                   |