

| | Sep-10 | Oct-10 | Nov-10 | Dec-10 | Jan-11 | Feb-11 | Mar-11 | Apr-11 | May-11 | Jun-11 | Jul-11 | Aug-11 | | | | | | | | | | | | | |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------|------|------|----|------|----|------|----|------|----|------|-----------|----------|
| Sunday | | | | | | | | | IM02 | 1 | | | Sunday | | | | | | | | | | | | |
| Monday | | | IM04 | 1 | | | | | BC02 | 2 | | 1 | Monday | | | | | | | | | | | | |
| Tuesday | | | FC01 | 2 | | | BR02 | 1 | BC03 | 1 | | 2 | Tuesday | | | | | | | | | | | | |
| Wednesday | | 1 | | 3 | | 1 | | 2 | | 2 | | 3 | Wednesday | | | | | | | | | | | | |
| Thursday | IM01 | 2 | | BC03 | 4 | BR01 | 2 | | IM01 | 3 | IM05 | 3 | Thursday | | | | | | | | | | | | |
| Friday | | 3 | | 1 | | 5 | | 3 | | 4 | | 1 | Friday | | | | | | | | | | | | |
| Saturday | IM02 | 4 | IM07 | 2 | BR01 | 6 | BC01 | 4 | | 1 | BC02 | 5 | BC01 | 5 | FC01 | 2 | SC | 7 | IM03 | 4 | BR01 | 2 | 6 | Saturday | |
| Sunday | BR04 | 5 | BR07 | 3 | | 7 | | 5 | | 2 | BR04 | 6 | FC03 | 6 | BC06 | 3 | | 8 | | 5 | | 3 | 7 | Sunday | |
| Monday | | 6 | | 4 | FC05 | 8 | FC01 | 6 | | 3 | IM06 | 7 | IM03 | 7 | | 4 | FC01 | 9 | FC07 | 6 | | 4 | 8 | Monday | |
| Tuesday | | 7 | BC06 | 5 | BC02 | 9 | IM04 | 7 | | 4 | FC02 | 8 | BR02 | 8 | | 5 | IM05 | 10 | BR03 | 7 | | 5 | 9 | Tuesday | |
| Wednesday | | 8 | | 6 | | 10 | | 8 | | 5 | | 9 | | 9 | | 6 | | 11 | | 8 | | 6 | 10 | Wednesday | |
| Thursday | FC01 | 9 | FC05 | 7 | IM05 | 11 | BC02 | 9 | IM03 | 6 | BC03 | 10 | BC03 | 10 | IM03 | 7 | BC03 | 12 | BC03 | 9 | FC01 | 7 | FC01 | 11 | Thursday |
| Friday | | 10 | | 8 | | 12 | | 10 | | 7 | | 11 | | 11 | | 8 | | 13 | | 10 | | 8 | 12 | Friday | |
| Saturday | BC01 | 11 | BC03 | 9 | AC | 13 | BR02 | 11 | BC04 | 8 | FC02 | 12 | BR01 | 12 | FC02 | 9 | BC02 | 14 | FC03 | 11 | BC01 | 9 | 13 | Saturday | |
| Sunday | | 12 | | 10 | FC03 | 14 | FC07 | 12 | FC08 | 9 | | 13 | | 13 | | 10 | IM01 | 15 | BR07 | 12 | IM04 | 10 | 14 | Sunday | |
| Monday | BR01 | 13 | IM08 | 11 | BC01 | 15 | | 13 | | 10 | | 14 | BR04 | 14 | | 11 | BR04 | 16 | BC06 | 13 | | 11 | 15 | Monday | |
| Tuesday | FC04 | 14 | BR07 | 12 | IM02 | 16 | | 14 | BR01 | 11 | | 15 | FC01 | 15 | | 12 | BC01 | 17 | IM07 | 14 | | 12 | 16 | Tuesday | |
| Wednesday | | 15 | | 13 | | 17 | | 15 | | 12 | | 16 | | 16 | | 13 | | 18 | | 15 | | 13 | 17 | Wednesday | |
| Thursday | IM03 | 16 | FC01 | 14 | BR02 | 18 | IM02 | 16 | IM07 | 13 | IM01 | 17 | BC01 | 17 | BC03 | 14 | FC01 | 19 | FC05 | 16 | BR02 | 14 | IM01 | 18 | Thursday |
| Friday | | 17 | | 15 | | 19 | | 17 | | 14 | | 18 | | 18 | | 15 | | 20 | | 17 | | 15 | 19 | Friday | |
| Saturday | BR02 | 18 | BR05 | 16 | IM01 | 20 | BC03 | 18 | BR03 | 15 | BC01 | 19 | IM01 | 19 | IM07 | 16 | SC | 21 | BR05 | 18 | FC02 | 16 | 20 | Saturday | |
| Sunday | IM04 | 19 | IM06 | 17 | | 21 | | 19 | | 16 | BR03 | 20 | FR01 | 20 | BR04 | 17 | | 22 | | 19 | | 17 | 21 | Sunday | |
| Monday | FC02 | 20 | BC04 | 18 | BR01 | 22 | | 20 | IM05 | 17 | IM02 | 21 | IM06 | 21 | | 18 | FC04 | 23 | FC08 | 20 | | 18 | 22 | Monday | |
| Tuesday | BC05 | 21 | BR08 | 19 | BC04 | 23 | | 21 | BC07 | 18 | FC05 | 22 | BC04 | 22 | | 19 | BR01 | 24 | BC04 | 21 | | 19 | 23 | Tuesday | |
| Wednesday | | 22 | | 20 | | 24 | | 22 | | 19 | | 23 | | 23 | | 20 | | 25 | | 22 | | 20 | 24 | Wednesday | |
| Thursday | BR03 | 23 | FC02 | 21 | FC02 | 25 | | 23 | BR05 | 20 | BC03 | 24 | BR01 | 24 | FC03 | 21 | IM02 | 26 | IM08 | 23 | BC02 | 21 | FC02 | 25 | Thursday |
| Friday | | 24 | | 22 | | 26 | | 24 | | 21 | | 25 | | 25 | | 22 | | 27 | | 24 | | 22 | 26 | Friday | |
| Saturday | FC03 | 25 | IM01 | 23 | AC | 27 | | 25 | FC02 | 22 | BR01 | 26 | BC02 | 26 | | 23 | BR02 | 28 | BC07 | 25 | IM02 | 23 | 27 | Saturday | |
| Sunday | | 26 | | 24 | BC05 | 28 | | 26 | BC06 | 23 | | 27 | | 27 | | 24 | BC05 | 29 | FC06 | 26 | | 24 | 28 | Sunday | |
| Monday | BC02 | 27 | | 25 | IM01 | 29 | | 27 | FC04 | 24 | FC01 | 28 | | 28 | | 25 | | 30 | BC08 | 27 | | 25 | 29 | Monday | |
| Tuesday | IM05 | 28 | | 26 | FC04 | 30 | | 28 | BR06 | 25 | | | | 29 | BR01 | 26 | | 31 | BR06 | 28 | | 26 | 30 | Tuesday | |
| Wednesday | | 29 | | 27 | | | | 29 | | 26 | | | | 30 | | 27 | | | | 29 | | 27 | 31 | Wednesday | |
| Thursday | FC06 | 30 | FC02 | 28 | | | 30 | BC01 | 27 | | | IM02 | 31 | FC02 | 28 | | | | IM01 | 30 | BC01 | 28 | | Thursday | |
| Friday | | | | 29 | | | 31 | | 28 | | | | | 29 | | | | | | | | 29 | | Friday | |
| Saturday | | | BC01 | 30 | | | | IM08 | 29 | | | | | BR01 | 30 | | | | | | | 30 | | Saturday | |
| Sunday | | | BR03 | 31 | | | | 30 | | | | | | | | | | | | | | 31 | | Sunday | |
| Monday | | | | | | | | 31 | | | | | | | | | | | | | | | | Monday | |

AC Autumn Champs

HX Counties 2009

SC Spring Champs

There will be no training on the morning of the Spring and Autumn Champs

There will be training on the Counties Weekends