Sanday 2					hedule 2018	Norwich Canoe Club Training Sch					
Sturday 1 8.00 10 x 3min / 1 off then paddle back 9.00 Adults Long Paddle - 15 miles from club Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.45 Cym Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wentum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. Wensum 18.00 Run Wensum 17.00 Cym Row Norwich School Indion ergo. W										3	Dec 18
Sunday 2	Elite			s and Intermediates	Beginner	Mid Morning / Afternoon Schools		Early Morning			Day
Thursday 1	n 4 sets of pull ups	00 gy		12K or 8K Wash Hanging Groups	10am			10 x 3min / 1 off then paddle back	8.00	1	Saturday
Tuesday A						Adults Long Paddle - 15 miles from club	9.00			2	Sunday
Tuesday 4	m Boathouse - full body	30 Gy					16.45 - 17.30			3	Monday
Start Star							11,00 - 16,00			.	
Vednesday 1	n Boathouse-back chest le	45 Gy	18.45 Gym Wensum	18.00 Run Wensum		Norwich High School 13,45 - 15,15	Chart			4	Tuesday
Mednesday S						Twighlight Christmas Paddle in Fancy Dress					
Wednesday 5							boats from				
New Hours 1,00 1,											
Thursday 6 7.00 Core - Wensum 11.00 - 16.00 Norwich School 11.00 - 13.00 and 14.00 - 16.00 Norwich School 13.45 - 15.15 17.30 Gym Bos Saturday 8 8.00 8 x 2k in pairs 12.00 Stretch and Balance (all welcome) Boathouse 17.30 Gym Bos 17.30 Gym Bos 10.00 Norwich School 13.45 - 15.15 15.00 Norwich School 13.45 - 15.	m Paathausa Cara	20 6		18 00 Pun Wensum	17 30 Core Wensum	from 16.00. £2 Food after and prizes.		rest		5	Wednesday
Thursday 6 7.00 Core - Wensum 11.00 - 16.00 Norwich High School 13.45 - 15.15	ii boatilouse - core	30 Gy		10.00 Rull Wellsull	17.50 COIC WEIISUIT	Norwich School 11.00 - 13.00 and 14.00 - 16.00		rest		3	rrediresday
Saturday 8 8.00 8 x 2k in pairs 11.00 5ym 4 s 5 5 5 5 5 5 5 5 5	m Boathouse-back chest le	30 Gy					11.00 - 16.00	Core - Wensum	7.00	6	Thursday
Sunday 9 9.30 Adults technical session - the lock part 1 12.00 Stretch and Balance (all welcome) Boathouse 17.30 Sym Boathouse 18.00 Christmas Fancy Dress Run Through the City 17.45 Gym Boathouse 17.30 Christmas Fancy Dress Run Through the City 17.45 Gym Boathouse 17.30 Christmas Fancy Dress Run Through the City 17.45 Gym Boathouse 17.30 Christmas Fancy Dress Run Through the City 17.45 Gym Boathouse 17.30 Christmas Fancy Dress Run Through the City 17.45 Gym Boathouse 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Boathouse 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Boathouse 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Boathouse 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Boathouse 17.30 Gym Boathouse 17.30 Gym Boathouse 17.30 Gym Boathouse 18.00 Run Wensum								Juniors K1 Technical Session - bungee	7.00	7	Friday
Monday 10	n 4 sets of pull ups	00 gy		(1m on 1 min off x 8) x 2 or 3 sets	10am			8 x 2k in pairs	8.00	8	Saturday
Monday 10											
Tuesday 11								Adults technical session - the lock part 1	9.30	_	
Tuesday 11						, i				10	Monday
Tuesday 11	m Boathouse - full body	30 Gy					16.45 - 17.30				
Technical Session K4 plus K2 Please bring lights. 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Box	m Boathouse-back chest le	45 GV	rough the City	Christmas Fancy Dress Run T	18.00		11.00 - 16.00			11	Tuocday
Vednesday 12 7.00 Please bring lights. 17.30 Core Wensum 18.00 Run Wensum 17.30 Gym Box Sunday 13 7.00 Core - Wensum 11.00 - 16.00 Norwich High School 13.45 - 15.15 Sa.00 10 x 4mins 9.00 Adults Long Paddle - Loddon to Club 16.00 - 20.00 Norwich Canoe Club Christmas Awards at Whitlings Wednesday 17 9.00 - 11.30 Paddle 17.30 Gym Box Stretch and Balance (all welcome) Boathouse 17.30 Gym Box Stretch and Balance (all welcome) Boathouse 17.30 Gym Box Stretch and Balance (all welcome) Room 18.15 Indoor Hockey Wensum Sports Hall 17.30 Gym Box Stretch and Balance 17.30 Gym Box Stretch 17.30 Gym Box Stret	ii boathouse-back chest te	43 Gy				The third this test to the tes		Technical Session K4 plus K2		- ' '	luesday
Thursday 13 7.00 Core - Wensum Thursday 14 7.00 Juniors K1 Technical Session - bungee and breathing Saturday 15 8.00 10 x 4mins 9.00 Adults Long Paddle - Loddon to Club 16.00 - 20.00 Norwich Canoe Club Christmas Awards at Whitlingha Monday 17 9.00 - 11.30 Paddle 12.00 Stretch and Balance (all welcome) Boathouse 17.30 Core Wensum 18.15 Indoor Hockey Wensum Sports Hall 17.30 Cym Boa 17.30 Friday 20 10.00 - 16.00 Juniors Training Day King Lynn Gym PE30 2HZ Nutrition Talk/Olympic Lift Coaching/Motivation talks/Goal Setting (for those who haven't) / Gym Classes - Whole Day £10 - under 12s £5 - lifts availated 17.30 Cym Boa 17.30 Cym Boa 18.15 Indoor Hockey Wensum Sports Hall 17.30 Cym Boa 17.30 Cym Boa 18.15 Coaching/Motivation talks/Goal Setting (for those who haven't) / Gym Classes - Whole Day £10 - under 12s £5 - lifts availated 17.30 Cym Boa 18.15 Cym Boa	m Boathouse - Core	30 Gy		18.00 Run Wensum	17.30 Core Wensum				7.00	12	Wednesday
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17.30 Cylii box								Christinas Day!			
	m Boathouse - Core							Latin Table Manie and Miles	0.00 42.00	-	
	m Boathouse-back chest le	30 Gy									
Friday 28 Time TBC Christmas Long Paddle				4500 D	40			·			
	n 4 sets of pull ups	00 gy		1500m Haces x 4	10am					_	
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Sunday 6th All Day Luzmore K2 Elmbridge to Richmons SRS level juniors to all aspire to paddle this race. Endurance training:-)	ii boathouse-back chest le	43 Gy	10. 13 Gyili Wellsulli	10.00 Kuii Welisuiii	e training :-)	el juniors to all aspire to paddle this race. Endurance	SRS leve	Luzmore K2 Elmbridge to Richmone	All Day	6th	Sunday
Contract of the contract of th						Indiana in a price to paddie sing race; Endarance		Latinore R2 Embridge to Hierimons	All Day	Jui	Juliuuy