

**Norwich Canoe Club Training Schedule 2018**

Dec 18						Beginners and Intermediates		Elite		
Day		Early Morning	Mid Morning / Afternoon Schools							
Saturday	1	8.00	10 x 3min / 1 off then paddle back			10am	12K or 8K Wash Hanging Groups		11.00 gym 4 sets of pull ups	
Sunday	2			9.00	Adults Long Paddle - 15 miles from club					
Monday	3			16.45 - 17.30	Norwich School Indoor ergo - Wensum				17.30 Gym Boathouse - full body	
Tuesday	4			11.00 - 16.00	Norwich School 11.00 - 13.00 and 14.00 - 16.00 Norwich High School 13.45 - 15.15		18.00 Run Wensum	18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs	
Wednesday	5		rest	Start decorating boats from 16.00 On the Water 18.00	Twilight Christmas Paddle in Fancy Dress Canoes and K2s into city singing carols. All boats to have lights. Dress WARM (Arrive from 16.00. £2 Food after and prizes.	17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core	
Thursday	6	7.00	Core - Wensum	11.00 - 16.00	Norwich School 11.00 - 13.00 and 14.00 - 16.00 Norwich High School 13.45 - 15.15				17.30 Gym Boathouse-back chest legs	
Friday	7	7.00	Juniors K1 Technical Session - bungee							
Saturday	8	8.00	8 x 2k in pairs			10am	(1m on 1 min off x 8) x 2 or 3 sets		11.00 gym 4 sets of pull ups	
Sunday	9	9.30	Adults technical session - the lock part 1							
Monday	10			12.00	Stretch and Balance (all welcome) Boathouse					
Tuesday	11			16.45 - 17.30 11.00 - 16.00	Norwich School Indoor ergo - Wensum Norwich School 11.00 - 13.00 and 14.00 - 16.00 Norwich High School 13.45 - 15.15	18.00	Christmas Fancy Dress Run Through the City		17.30 Gym Boathouse - full body 17.45 Gym Boathouse-back chest legs	
Wednesday	12	7.00	Technical Session K4 plus K2 please bring lights.			17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core	
Thursday	13	7.00	Core - Wensum	11.00 - 16.00	Norwich School 11.00 - 13.00 and 14.00 - 16.00 Norwich High School 13.45 - 15.15				17.30 Gym Boathouse-back chest legs	
Friday	14	7.00	Juniors K1 Technical Session - bungee and breathing							
Saturday	15	8.00	10 x 4mins			10am	5 K Profiling Paddle	11.30 3K Run	11.00 gym 4 sets of pull ups	
Sunday	16			9.00	Adults Long Paddle -Loddon to Club	16.00 - 20.00	Norwich Canoe Club Christmas Awards at Whitlingham Boathouses			
Monday	17	9.00 - 11.30	Paddle	12.00	Stretch and Balance (all welcome) Boathouse				17.30 Gym Boathouse - full body	
Tuesday	18	9.00 - 11.30	Paddle						17.45 Gym Boathouse-back chest legs	
Wednesday	19	9.00 - 11.30	Paddle			17.30 Core Wensum	18.15 Indoor Hockey Wensum Sports Hall		17.30 Gym Boathouse - Core	
Thursday	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 available							17.30 Gym Boathouse-back chest legs
Friday	21	9.00 - 16.00	Juniors Training Day at NCC - Gym then paddle / 8 x 500m every 6 minutes - 12.30 talk from Dyson on Marathon International Standards							
Saturday	22	8.00	8 x 2K in pairs			10am	100m and 200m races - Little Lake or 12K		11.00 gym 4 sets of pull ups	
Sunday	23									
Monday	24									
Tuesday	25	Christmas Day!								
Wednesday	26								17.30 Gym Boathouse - Core	
Thursday	27	9.00 - 13.00	Juniors Training Morning - paddle plus gym						17.30 Gym Boathouse-back chest legs	
Friday	28	Time TBC	Christmas Long Paddle							
Saturday	29	8.00	Crew boats			10am	1500m Races x 4		11.00 gym 4 sets of pull ups	
Sunday	30	9.30	Adults technical session - the lock part 2							
Monday	31			12.00	Stretch and Balance (all welcome) Boathouse				17.30 Gym Boathouse - full body	
Sunday	6th	All Day	Luzmore K2 Elmbridge to Richmons	SRS level juniors to all aspire to paddle this race. Endurance training :-)			18.00 Run Wensum	18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs	