		Norwich Canoe Club Training Schedule 2019								
Feb 1	9					-			F 114.	
Day			Early Morning		Mid Morning / Afternoon Schools	Beginner	s and Intermediates			Elite
Friday Saturday	1 2	7.00 8.00	Technical K1	15.45 - 17.00	Norwich High School Pool	10am	(1m on 1 min off x 6) x 3 sets (2	anta danum d bank)	44.00	gym 5 sets of pull ups
Sunday	3	10.00	British Canoeing Filming at NCC - Wear clu	h kitl wash h	anging sossion filmed from launch	TUAM	(1m on 1 min on x 6) x 3 sets (2	sets down - 1 back)	11.00	gym 5 sets or putt ups
Sunday	3	9.30	Adults technical session. Paddle str							
Monday	4	7.30	Addits technical session. Faddle sti	13.00	Stretch and Balance (all welcome) Boathouse					
				16.45 - 17.30	Norwich School Indoor ergo - Wensum				17.30	Gvm Boathouse - full body
					Norwich High School 13.45 - 15.15 - first					-,
Tuesday	5			13.45 - 15.15	day back		18.00 Run Wensum	18.45 Gym Wensum	17.45	Gym Boathouse-back chest legs
			Technical Session K4 plus K2 and K1							
Wednesday	6	7.00	please bring lights.	42.45.45.45	Name to be the Cabard 42 45 45 45	17.30 Core Wensum	18.00 Run Wensum			Gym Boathouse - Core
Thursday	7	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13,45 - 15,15				17.30	Gym Boathouse-back chest legs
Friday	8	7.00	Technical K1	15.45 - 17.00	Norwich High School Pool					
Saturday	9	8.00	recrifficat K1	13,43 - 17,00	Not with riigh school root	10am	12K / 8K wash hanging in 4s. Lea	der low s/r max power	11 00	gym 5 sets of pull ups
bata. day	,							ao. ion on max pono.	11100	gym o sees or part aps
		9.00	Marathon Train							
		8.00	Long paddle - to Rock	land Broad and	back from club - 30K					
Sunday	10	11.15	Adults pool session.							
				10.00	Paddler conditioning: strength, stretch and					
Monday	11			12.00 16.45 - 17.30	balance at the Boathouse Norwich School Indoor ergo - Wensum				17.30	Gym Boathouse - full body
				13.45 -						
Tuesday	12			15.15	Norwich High School 13,45 - 15,15		18.00 Run Wensum	18.45 Gym Wensum	17.45	Gym Boathouse-back chest legs
			Technical Session K4 plus K2							
Wednesday	13		please bring lights.			17.30 Core Wensum	18.00 Run Wensum		17.30	Gym Boathouse - Core
Thursday	14	7.00	Core - Wensum	13,45 - 15,15	Norwich High School 13.45 - 15.15				17.30	Gym Boathouse-back chest legs
,				15.45 - 17.00	Norwich High School Pool					
Friday	15	7.00	rest			40	Des Cilie a Fix and distributed	21/ 1/	44.00	
Saturday	16	8.00				10am	Profiling 5K paddle timed	- 3K run timed	11.00	gym 5 sets of pull ups
		10.00	orwich Training Day: Olympians Jon Schofield and Rad	chael Cawthorn	visiting NCC - technical talks and K4 - Cost £1	'(
			Adults technical session.							
Sunday	17	9.30	Paddle stroke power - part 3.							
				NCC Milfont	tes Training Camp with Richmond CC - Portugal					
				12.00	Paddler conditioning: strength, stretch and					
Monday	18				balance at the Boathouse					
T	40			NCC Milfontes Training Camp with Richmond CC - Portugal			40.00 B	40.45.6		
Tuesday	19			NCC Milfontes Training Camp with Richmond CC - Portugal		47.20.6	18.00 Run Wensum	18.45 Gym Wensum	47.20	c
Wednesday Thursday	20	7.00	Core - Wensum	NCC Milfontes Training Camp with Richmond CC - Portugal NCC Milfontes Training Camp with Richmond CC - Portugal		17.30 Core Wensum	18.00 Run Wensum			Gym Boathouse - Core Gym Boathouse-back chest legs
Friday	22	7.00	rest	NCC Milfontes Training Camp with Richmond CC - Portugal					17.30	Gym Boathouse-back chest tegs
Saturday	23	8.00	1620	NCC Milfontes Training Camp with Richmond CC - Portugal		10am	100m and 200m races Little Broad	11.30 3K Run	11 00	gym 5 sets of pull ups
Jacarday		0,00	NRC race on the river.	TBC Adults Long Paddle - 8K - 10K		Tourn	(Rowing Race on River)	71.00 OIL HUII	11.00	5, 5 Sees or part aps
	24		Waterside A - Great Bedwyn to Newbury (13 miles)	-	tes Training Camp with Richmond CC - Portugal		, , , , , , , , , , , , , , , , , , , ,			
Sunday	24		material A Oreat bearing to hembary (15 lines)	Tice million	Paddler conditioning: strength, stretch and					
Monday	25			12.00	balance at the Boathouse				17.30	Gym Boathouse - full body
,				16.45 - 17.30	Norwich School Indoor ergo - Wensum					Gym Boathouse-back chest legs
Tuesday	26			13.45 - 15.15	Norwich High School 13.45 - 15.15		18.00 Run Wensum	18.45 Gym Wensum	.,	
Wednesday	27		Technical Session K4 plus K2		3	17.30 Core Wensum			17.30	Gym Boathouse - Core
Thursday	28	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15				17.30	Gym Boathouse-back chest legs
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