

**Norwich Canoe Club Training Schedule 2019**

Feb 19		Norwich Canoe Club Training Schedule 2019			
Day		Early Morning	Mid Morning / Afternoon Schools	Beginners and Intermediates	Elite
Friday	1	7.00 Technical K1	15.45 - 17.00 Norwich High School Pool		
Saturday	2	8.00		10am (1m on 1 min off x 6) x 3 sets (2 sets down - 1 back)	11.00 gym 5 sets of pull ups
Sunday	3	10.00 9.30	British Canoeing Filming at NCC - Wear club kit! wash hanging session - filmed from launch Adults technical session. Paddle stroke power - part 2. Please wear club kit!		
Monday	4		13.00 16.45 - 17.30	Stretch and Balance (all welcome) Boathouse Norwich School Indoor ergo - Wensum	17.30 Gym Boathouse - full body
Tuesday	5		13.45 - 15.15	Norwich High School 13.45 - 15.15 - first day back 18.00 Run Wensum 18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs
Wednesday	6	7.00 Technical Session K4 plus K2 and K1 please bring lights.		17.30 Core Wensum 18.00 Run Wensum	17.30 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		10am 12K / 8K wash hanging in 4s. Leader low s/r max power	11.00 gym 5 sets of pull ups
		9.00	Marathon Training Day at Elmbridge		
		8.00	Long paddle - to Rockland Broad and back from club - 30K		
Sunday	10	11.15	Adults pool session.		
Monday	11		12.00 16.45 - 17.30	Paddler conditioning: strength, stretch and balance at the Boathouse Norwich School Indoor ergo - Wensum	17.30 Gym Boathouse - full body
Tuesday	12		13.45 - 15.15	Norwich High School 13.45 - 15.15 18.00 Run Wensum 18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs
Wednesday	13			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
Friday	15	7.00 rest	15.45 - 17.00 Norwich High School Pool		
Saturday	16	8.00		10am Profiling 5K paddle timed - 3K run timed	11.00 gym 5 sets of pull ups
		10.00	Norwich Training Day : Olympians Jon Schofield and Rachael Cawthorn visiting NCC - technical talks and K4 - Cost £11		
Sunday	17	9.30	Adults technical session. Paddle stroke power - part 3.		
Monday	18		12.00	NCC Milfontes Training Camp with Richmond CC - Portugal Paddler conditioning: strength, stretch and balance at the Boathouse	
Tuesday	19			NCC Milfontes Training Camp with Richmond CC - Portugal 18.00 Run Wensum 18.45 Gym Wensum	
Wednesday	20			NCC Milfontes Training Camp with Richmond CC - Portugal 17.30 Core Wensum 18.00 Run Wensum	17.30 Gym Boathouse - Core
Thursday	21	7.00 Core - Wensum		NCC Milfontes Training Camp with Richmond CC - Portugal	17.30 Gym Boathouse-back chest legs
Friday	22	7.00 rest		NCC Milfontes Training Camp with Richmond CC - Portugal	
Saturday	23	8.00		10am 100m and 200m races Little Broad (Rowing Race on River) 11.30 3K Run	11.00 gym 5 sets of pull ups
Sunday	24			NCC Milfontes Training Camp with Richmond CC - Portugal TBC Adults Long Paddle - 8K - 10K	
Monday	25		12.00 16.45 - 17.30	Paddler conditioning: strength, stretch and balance at the Boathouse Norwich School Indoor ergo - Wensum	17.30 Gym Boathouse - full body
Tuesday	26		13.45 - 15.15	Norwich High School 13.45 - 15.15 18.00 Run Wensum 18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs
Wednesday	27			17.30 Core Wensum 18.00 Run 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