

Norwich Canoe Club Training Schedule 2019									
Jan 19									
Day		Early Morning		Mid Morning / Afternoon Schools		Beginners and Intermediates			Elite
Tuesday	1								17.45 Gym Boathouse-back chest legs
Wednesday	2	9.00	Paddle - all welcome			17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core
Thursday	3	9.00 - 14.30	Juniors Training Morning						17.30 Gym Boathouse-back chest legs
			Gym, technical paddle and Growth Mindset talk						
Friday	4	7.00	rest						
Saturday	5	8.00	9x1000			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	6	All Day	Luzmore K2 Elmbridge to Richmond	SRS level juniors to all aspire to paddle this race. Endurance training :-)					
Monday	7			12.00	Stretch and Balance (all welcome) Boathouse				
									17.30 Gym Boathouse - full body
Tuesday	8			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	9	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	10	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15				17.30 Gym Boathouse-back chest legs
Friday	11	7.00	rest		NCC Cross Country Skiing Czech and Germany				
Saturday	12	8.00	8 x 2k in pairs		NCC Cross Country Skiing Czech and Germany	10am	12K / 8K wash hanging in 4s. Leader low s/r max power		11.00 gym 5 sets of pull ups
				9.30	Adults technical session - power.Fun with bungees				
Sunday	13	All Day	Chelmsford Winter Series Race		NCC Cross Country Skiing Czech and Germany				
Monday	14	10.00 - 15.00	Charlie Barwiss visiting club - New Talent Club Partnership Manager appointed by BC from golf.	12.00	Stretch and Balance (all welcome) Boathouse				17.30 Gym Boathouse - full body
					NCC Cross Country Skiing Czech				
Tuesday	15			16.45 - 17.30	Norwich School Indoor ergo - Wensum		18.00 Run Wensum	18.45 Gym Wensum	17.45 Gym Boathouse-back chest legs
				13.45 - 15.15	Norwich High School 13.45 - 15.15				
Wednesday	16		Technical Session K4 plus K2 please bring lights.		NCC Cross Country Skiing Czech				
Thursday	17	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15	17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core
Friday	18	7.00	rest						
Saturday	19	8.00	10 x 4mins			10am	30 seconds on 30 off x 5 x 6 sets		11.00 gym 5 sets of pull ups
Sunday	20			9.00	Adults long distance				
Monday	21			13.00	Stretch and Balance (all welcome) Boathouse				
Tuesday	22			16.45 - 17.30	Norwich School Indoor ergo - Wensum		18.00 Run Wensum	18.45 Gym Wensum	
Wednesday	23			13.45 - 15.15	Norwich High School 13.45 - 15.15	17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core
Thursday	24	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15				17.30 Gym Boathouse-back chest legs
Friday	25	7.00	Technical K1						
Saturday	26	8.00	3m x 3, 1min on 1min off x 9, 3m x 3			10am	5 K Profiling Paddle	11.30 3K Run	11.00 gym 5 sets of pull ups
Sunday	27	11.15 - 13.15	Norwich High School Pool session - GCSE filming - please sign up if this is you - this is the only chance to film for GCSE - there will also be Lightnings - games and skills - £7.00		(Be great to have some juniors helping)				
Monday	28			13.00	Stretch and Balance (all welcome) Boathouse				17.30 Gym Boathouse - full body
				16.45 - 17.30	Norwich School Indoor ergo - Wensum				17.45 Gym Boathouse-back chest legs
Tuesday	29			13.45 - 15.15	Norwich High School 13.45 - 15.15		18.00 Run Wensum	18.45 Gym Wensum	
Wednesday	30		Technical Session K4 plus K2 please bring lights.			17.30 Core Wensum	18.00 Run Wensum		17.30 Gym Boathouse - Core