

Norwich Canoe Club Training Schedule 2019

Mar 19									
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	Split 2K (50 sec on 10 off x 8) x 7			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	11.15 - 13.30	Adults pool session.						
Monday	4			12.00	Paddler Conditioning (all welcome) Boathouse			17.00	Paddling - 600m x 4 Small Broad + gym
				16.45 - 17.30	Norwich School Indoor ergo - Wensum				
				13.45 - 15.15	Norwich High School 13.45 - 15.15				
Tuesday	5						18.00 Run Wensum	18.45	Gym Wensum
Wednesday	6	7.00	Technical Session K4 plus K2 and K1			17.30 Core Wensum	18.00 Run Wensum	17.45	Gym Boathouse-back chest legs
Thursday	7	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15			17.30	Gym Boathouse - Core
								17.30	Gym Boathouse-back chest legs
Friday	8	7.00	Technical K1	15.45 - 17.00	Norwich High School Pool				
				12.30	ParaKayak Talent Club Meeting with British Canoeing				
Saturday	9	8.00	3 on 2 off x 10			10am	1500 m starts x 4	11.00	gym 5 sets of pull ups
			Club deadline for March regatta race entries, sprint regatta advice, boat weighing, paddler registration, etc.				British Canoeing Presentation of Club of The Year to NCC - Nottingham		
Sunday	10	9.30 - 12.30	Junior Sprint Training Morning		Waterside B - Newbury to Aldermaston and back (18 miles)				
		9.30	Adults technical session - crew boats						
Monday	11			12.00	Paddler Conditioning (all welcome) Boathouse			17.00	Split 900m x 3 on Big Lake or split 600m x 3
				16.45 - 17.30	Norwich School Indoor ergo - Wensum				
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	7.00	Technical Session K4 plus K2			17.15	Starts training on Small Broad 50m, 100m and 200m and group wash hanging warm down		
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	Technical K1	15.45 - 17.00	Norwich High School after schools club in pool				
Saturday	16	8.00	500m x 10 (women's Olympic distance) or 1000m x 8 (men's Olympic distance) 2 mins rest (Measured on watch in distance not time - standing starts)			10am	Profiling 5K paddle timed - 11.30 3K run timed	11.00	gym 5 sets of pull ups
Sunday	17	11.15 - 13.15	Norwich High School Pool Kayak session - Learn to roll a kayak or practice your roll - all welcome - a list will go up soon £7.00						
Monday	18	9.00 - 9.30	Assembly at Trowse Primary School and day at the school	16.45 - 17.30	Norwich School Indoor ergo - Wensum			17.00	3 mins x 3, (1min x 3)x 3, 3 mins x 3
		9.00 - 14.00	Please let Tim or Rob know if you can help in the school!						
Tuesday	19			13.45 - 15.15	Norwich High School 13.45 - 15.15		18.00 Run Wensum	18.45	Gym Wensum
Wednesday	20	7.00	Technical Session K4 plus K2			17.15	2.8K round island x 4 in pairs and groups (3 mins rest between) write name on board and join when you arrive + gym		
Thursday	21	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15		18.00 - 21.00 Coaching The Mind Module - Writington Boathouse - sign up on Facebook or with Tim	17.30	Gym Boathouse-back chest legs
Friday	22	7.00	Technical K1	15.45 - 17.00	Norwich High School after schools club in pool				
Saturday	23	8.00	2K, (2m rest) 1K, (5min rest) 500m, (5m rest) 200m, (5min rest) 500m, 1K, 2K. Measured by watch in distance not time.			10am	(30s on 30s off x 5) x 5 sets	11.00	gym 5 sets of pull ups
Sunday	24	9.30 - 12.30	Junior Sprint Training Morning		Waterside C - Pewsey to Newbury (23 miles)				
Monday	25			16.45 - 17.30	Norwich School Indoor ergo - Wensum			17.00	3 mins x 3, (1min x 3)x 3, 3 mins x 3
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			17.15	Starts training on Small Broad 50m, 100m and 200m and group wash hanging warm down - load trailer for Nottingham		
Thursday	28	7.00	Core - Wensum	13.45 - 15.15	Norwich High School 13.45 - 15.15			17.30	Gym Boathouse-back chest legs
Friday	29		rest	15.45 - 17.00	Norwich High School after schools club in pool				
Saturday	30	8.00	9 x 1000 (or 9 x 4 mins)		Nottingham Sprint regatta - Selection for K1		Wash hanging to green then 4 x 500m Sprints		
Sunday	31		Nottingham Sprint regatta - Selection for K1						