

Norwich Canoe Club Training Schedule 2018

May 19		Early Morning		Mid Morning / Afternoon Schools		Beginners and Intermediates		Elite and Intermediates	
Day				Start					
Tuesday	30					18.00			4 sets pull ups + 50 press ups
Wednesday	1	7.00	Junior Crew Boats 600m x 3 bungee	13.00	Visit to Addenbrokes Cambridge to make para-canoe Presentation Norwich School after schools club	17.30	1500 m race starts x 4	17.30	3 x 3K with portage
Thursday	2	7.00	Core - Whitlingham Boathouse		School Sessions 13.45-15.45 and Lower School 16.00 -17.30	17.30	1000m x 8 - 2 mins rest		
Friday	3	7.00	Technical K1 and portaging for those who are marathon racing		Trowse After Schools Club				
Saturday	4	8.00	(3min on 1 off x 3)(1 on 1 off x 3) x 3 (3min on 1 off x 3)			10am	(1 on 1 off x 8) x 2 sets		4 sets pull ups + 50 press ups
		9.30	Foundation in Safety and Rescue for Coach Award		Fully Booked - let Tim S know if you would like to do this or a Coach Award in the future				
Sunday	5	All Day	BEDFORD HASLER MARATHON - everyone can race!						
Monday	6				Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	17.30	3 x split 900/600
Tuesday	7	TBC	Visit from Charlie Barwiss who works for BC Talent Club Partnership		School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00	1500 m race starts x 6		4 sets pull ups + 50 press ups
Wednesday	8	7.00	Junior Crew Boats 600m x 3 bungee		Norwich School after schools club	17.30	1000m Races with the Norwich portage club	17.30	5K
Thursday	9	7.00	Core - Whitlingham Boathouse		School Sessions 13.45-15.45 and Lower School 16.00 -17.30	17.30	500m x 12 - 2 mins rest		
Friday	10	7.00	Technical K1 and 200m		Trowse After Schools Club	18.30 - 19.30	Core - Wensum		
Saturday	11	8.00	7 x split 2K			10am	5k TT / 5k run	11.00	4 sets pull ups + 50 press ups
		10.30	Presentation to Max Heron at 10.30 upstairs - attend if you are available	TBC	Visit from Nathan Abbott who works for BC Coaching				
			Deadline for Sprint Entries for Nottingham Sprint Regatta		German Marathon Nationals				
Sunday	12	9.30	Adult technical session - starts and turns		German Marathon Nationals				
Monday	13				Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	17.30	6 x 600m
Tuesday	14				School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00	2 x 4K with two portages		4 sets pull ups + 50 press ups
Wednesday	15	7.00	Junior Crew Boats 600m x 3 bungee		Norwich School after schools club	17.30	1500 m race starts x 4	17.30	12K in groups
Thursday	16	7.00	Core - Whitlingham Boathouse		School Sessions 13.45-15.45 and Lower School 16.00 -17.30	17.30	1000m x 8 - 2 mins rest		4 sets pull ups + 50 press ups
Friday	17		rest		Trowse After Schools Club				
Saturday	18	8.00	4 x 1min x 6 in groups of 4			10am	(30 s on 30 off x 5) x 5 sets	11.00	gym 4 sets of pull ups
Sunday	19	All Day	NORWICH HASLER MARATHON - everyone can race and help!						
Monday	20				Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	17.30	2 x 5K
Tuesday	21				School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00	12K in Groups		4 sets pull ups + 50 press ups
Wednesday	22	7.00	Junior Crew Boats 600m x 3 bungee		Norwich School after schools club	17.30	3 mins on 2 off x 4 x 2 sets	17.30	(100m on 100m off x 3) x 4
Thursday	23	7.00	Core - Whitlingham Boathouse		School Sessions 13.45-15.45 and Lower School 16.00 -17.30	17.30	500m x 12 - 2 mins rest		4 sets pull ups + 50 press ups
Friday	24				Trowse After Schools Club				
Saturday	25	8.00	3 mins on 2 off x 10			10am	3 x 3K (Round the Island)		4 sets pull ups + 50 press ups
Sunday	26	9.30	Adult technical session - K4s and K2s		Brandenburg Junior Sprint World Cup				
Monday	27					17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	17.30	3 x 1200
Tuesday	28	9.30	Juniors Training Day (9.30 am - 15.30) Bring packed lunch			18.00	4x1min x 6 in groups of 4		
Wednesday	29	9.30	Juniors Training Day (9.30 am - 15.30) Bring packed lunch			17.30	50 m x 5, 100m x 5 200m x 2	17.30	CAP 8K
Thursday	30	7.00	Core - Whitlingham Boathouse			17.30	500m x 12 - 2 mins rest		4 sets pull ups + 50 press ups
Friday	31			15.00 - 17.00	Nottingham Sprint Regatta - Bucket Practice				
Saturday	1		Nottingham Sprint Regatta			10am	(1 on 1 off x 8) x 2 sets		4 sets pull ups + 50 press ups
	2		Nottingham Sprint Regatta						