

Norwich Canoe Club Training Schedule 2019

Jun 19	Day	Early Morning	Mid Morning / Afternoon Schools	Beginners and Intermediates	Elite and Intermediates
Saturday	1	8.00 (3min on 1 off x 3)(1 on 1 off x 3) x 3 (3min on 1 off x 3)	Start Nottingham Sprint Regatta	10am (30 s on 30 off x 7) x 5 sets	4 sets pull ups + 50 press ups
Sunday	2		Nottingham Sprint Regatta		
Monday	3		Wymondham School after schools Club 17.30 - 19.30		17.30 Gym Chest and Back (power) or paddle 5K
Tuesday	4		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	5	7.00 Junior Crew Boats (100m on 100 off x 6) x 2 sets	Norwich School after schools club	17.30 (15 seconds on every minute x 9) x 3	17.30 2 x 5K
Thursday	6	7.00 Core - Whittingham Boathouse	18.00 - 21.00 BC Coaching the Mind Module at NCC - fully booked	17.30 1000m x 8 - 2 mins rest	
Friday	7	rest	School Sessions 13.45-15.45 and Lower School 16.00 -17.30		
Saturday	8	8.00 Crew Boats 1500m race starts	18.00 - 21.00 BC Coaching the Mind Module at NCC - fully booked	18.30 - 19.30 Core - Wensum	
Sunday	9		Club entry deadline for endow June Sprint Regatta	10am (1 on 1 off x 4) x 4 sets - stars 2nd bridge	11.00 4 sets pull ups + 50 press ups
Monday	10		Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH Paddler Conditioning	17.30 Gym Chest and Back (power) or paddle 6 x 600m
Tuesday	11		School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00 Crew Boats 3 x 1200 with 2 portages	4 sets pull ups + 50 press ups
Wednesday	12	10.30 Sport-ability paddle ability day - let Tim know if you can help	Norwich School after schools club	17.30 1500 m race starts x 4	17.30 (1 on 1 off x 10) x 2 sets
Thursday	13	7.00 Junior Crew Boats (10s every minute) x 9 x 2 sets			
Friday	14	7.00 Core - Whittingham 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
Saturday	15	8.00 NCC school visit to FRAMINGHAM SCHOOL - see Rob if you can help	Trowse After Schools Club	10am Starts for those racing or (30 s on 30 off x 5) x 5 sets	11.00 gym 4 sets of pull ups
Sunday	16		K2 Marathon Assessment - Worcester		
Monday	17		Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH Paddler Conditioning	17.30 Gym Chest and Back (power) or paddle 3 x 1200
Tuesday	18		School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00 (30 s on 30 off x 5) x 5 sets	4 sets pull ups + 50 press ups
Wednesday	19	7.00 Junior Crew Boats (100m on 100 off x 6) x 2 sets	Norwich School after schools club	17.30 3 mins on 2 off x 4 x 2 sets	17.30 15 min cap then (100m on 100m off x 6) x 4 - 30 mins CAP
Thursday	20	7.00 Core - Whittingham 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	21	7.00 Junior K1 Technical if not racing at weekend- bungee - power	Trowse After Schools Club	TBC Adults Long Paddle	
Saturday	22	8.00 (2 mins on 2 off x 4) x 3 sets	K1 Marathon Assessment - Reading	10am 4 x 500m at Green - wash hanging groups down	4 sets pull ups + 50 press ups
Sunday	23	9.30 Adult technical session - sprint starts			
Monday	24		Wymondham School after schools Club 17.30 - 19.30	17.30 - 18.30 at WBH Paddler Conditioning	17.30 Gym Chest and Back (Max Strength)
Tuesday	25	14.00 Set up NCC stand at Royal Norfolk Show - let Tim know if you can help	School Sessions 11.45 - 12.45, 13.45-15.45 and 16.30 - 18.00	18.00 4x1min x 6 in groups of 4	
Wednesday	26	8.30 NCC stand at Royal Norfolk Show - please let Tim know if you can help	Norwich School after schools club	17.30 50 m x 3, 100m x 3 200m x 3	17.30 15 min cap then (100m on 100m off x 6) x 4 - 30 mins CAP
Thursday	27	8.30 NCC stand at Royal Norfolk Show - please let Tim know if you can help	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	28	7.00 Core - Whittingham Boathouse			
Saturday	29	15.00 - 17.00 rest	Nottingham Sprint Regatta - Bucket Practice		
Sunday	30	Nottingham Sprint Regatta - Club Championships and Olympic Hopes Selection		10am (1 on 1 off x 8) x 2 sets	4 sets pull ups + 50 press ups
Monday	1	14.00 Visit from Richard Stacey-Chapman - Events Officer at BC	Nottingham Sprint Regatta - Club Championships		
			Wymondham School after schools Club 17.30 - 19.30		17.30 Gym Chest and Back (Max Strength) or 3 x 1200