

Norwich Canoe Club Training Schedule 2019

Aug 19 Day	Start	Early Morning	Mid Morning / Afternoon Schools	Beginners and Intermediates	Elite and Intermediates
Thursday 1	7.00	Core - Whittingham Boathouse	Juniors Beginners Introductory Course Week	17.30 1000m x 8 - 3 mins rest	8 x 1000m + 4 sets pull ups
Friday 2			Juniors Beginners Introductory Course Week	18.30 Adults Long Distance Paddle	
Saturday 3	8.00	9 x 1000 5 down		10am (30 s on 30 off x 5) x 5 sets	11.00 4 sets pull ups + 50 press ups
Sunday 4	9.30	Decent of the Sella			
Sunday 4	9.30	Adult technical session - race ready?			
Monday 5			Juniors Beginners Introductory Course Week	17.30 - 18.30 at WBH Paddler Conditioning	17.30 Gym: Run 5K - 4 sets pull ups + 50 press ups or paddle 1200 in groups 4 with portage
Tuesday 6			Juniors Beginners Introductory Course Week	18.00 10 K race	
Wednesday 7		Sportability visiting in Norwich - disability people coming to paddle - any help appreciated!	Juniors Beginners Introductory Course Week	17.30 1500 m races x 4	17.30 Club House portage Practice
Thursday 8		Club deadline for the September Regatta - the Junior National Championships	Juniors Beginners Introductory Course Week	17.30 500m x 12 - 3 mins rest	5k with portage
Thursday 8	10.00 - 12.30	Junior Training Morning - Prep for the Nationals			
Friday 9			Juniors Beginners Introductory Course Week		
Saturday 10		Nationals Marathon Championships in Norwich	Nationals Marathon Championships in Norwich	Nationals Marathon Championships in Norwich	Nationals Marathon Championships in Norwich
Sunday 11		Everyone please race! Everyone please help! Everyone please race! Everyone please help! Everyone please race! Everyone please help!		Everyone please race! Everyone please help! Everyone please race! Everyone please help! Everyone please race! Everyone please help!	Everyone please race! Everyone please help! Everyone please race! Everyone please help! Everyone please race! Everyone please help!
Monday 12	10.00 - 15.00	Marathon Committee National Training Day in Norwich (TBC)			rest
Tuesday 13				18.00 12K in groups	4 sets pull ups
Wednesday 14				17.30 3 mins on 2 off x 8	17.30 Crew boats 4 x 3K
Thursday 15	7.00	Core - Whittingham Boathouse		17.30 1000m x 8 - 3 mins rest	8 x 1000m 4 sets pull ups + 50 press ups
Friday 16			Olympic Hopes Training Camp - Nottingham	18.30 Adults Long Distance Paddle (TBC)	
Saturday 17	8.00	7 x split 2k	Olympic Hopes Training Camp - Nottingham	10am 4 x 500m at Green - wash hanging groups down	4 sets pull ups + 50 press ups
Sunday 18		Superheroes Para Triathlon at Dorney Lake - NCC helping run BC stand	Olympic Hopes Training Camp - Nottingham		
Monday 19				17.30 - 18.30 at WBH Paddler Conditioning	17.30 Gym Chest and Back (Power) or paddle 3 x 1200
Tuesday 20				18.00 4 x 3K	4 sets pull ups
Wednesday 21	10.00 - 15.00	Juniors Sprint Training Day		17.30 12K or 8k or 5K in groups of 4 wash hanging	17.30 3 x 750m
Thursday 22		Fun Day - TBC - Beach or Horstead Mill or SUP		17.30 500m x 12 - 3 mins rest	12 x 500 plus 4 sets pull ups
Friday 23		Rest		18.00 Nathan Abbot Matt Thompson talking about BC approach to S and C	
Saturday 24		6 x 4 min leads (2 mins rest)	Longridge and Tonbridge Hasler almost last qualifying races for Hasler Finals	10am (1 on 1 off x 8) x 2 sets - start second railway bridge	4 sets pull ups + 50 press ups
Sunday 25	10.30 - 15.30	Norwich Fun Sprint day and BBQ! Relay races in teams. Everyone welcome!			
Monday 26	10.00 - 15.00	Juniors Sprint Training Day			17.30 Gym Chest and Back (Power) or 5K crew boats
Tuesday 27	10.00 - 12.30	Juniors Sprint Training Morning		18.00 1x2k 1x500 1x1000 1x250 1x1000 1x500 1x2k	4 sets pull ups
Wednesday 28	10.00 - 12.30	Juniors Sprint Training Morning		17.30 (15 seconds on every minute x 9) x 3	17.30 cap 8k
Thursday 29		Rest		17.30 500m x 12 2 mins rest (if not racing at the weekend)	4 sets pull ups + 50 press ups
Friday 30	15.00 - 17.00	Nottingham Sprint Regatta - Start Bucket Practice			
Saturday 31		10 x 3 mins (2 mins rest)			
Sunday 1		Nottingham Sprint Regatta -National Senior, Under 23 and Junior Sprint Championship Regatta		10am 4 x 500m at Green - wash hanging groups down	4 sets pull ups + 50 press ups
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Sunday 8th		Pangbourne Hasler last qualifying opportunity for Hasler Finals			