

Norwich Canoe Club Training Schedule 2019

Jun 19		Early Morning	Start	Mid Morning / Afternoon Schools	Beginners and Intermediates	Elite and Intermediates
Monday	1	rest				17.30 Rest
Tuesday	2	9.30 Junior Sprint Training Session			18.00 10K Race	4 sets pull ups + 50 press ups
Wednesday	3				17.30 1500 m race starts x 4	3 x 3K with Portage
Thursday	4	7.00 Core - Whittingham Boathouse 9.30 Junior Sprint Training Session			17.30 1000m x 8 - 3 mins rest	
Friday	5	9.30 Junior Sprint Training Session			18.30 - 19.30 Core - Wensum	
Saturday	6	8.00 Crew Boats 1500m race starts- 3mins x 3 1min x 9 3mins x 3		Norwich Canoe Club Stand at UK Coaching Conference - help needed	10am Starts 2nd bridge Starts for those racing or (30 s on 30 off x 5) x 5 set	11.00 4 sets pull ups + 50 press ups
Sunday	7	9.30 Bishop Stortford Hasler		Tri-Anglia Triathlon - Whittingham Country Park		
Monday	8	9.30 Junior Sprint Training Session		Beccles School Activity Week (Mon - Thursday)		17.30 Gym Chest and Back (power) or paddle 3 x 5K
Tuesday	9	9.30 Junior Sprint Training Session		Beccles School Activity Week (Mon - Thursday)	18.00 3K x 4	4 sets pull ups + 50 press ups
Wednesday	10	9.30 Junior Sprint Training Session		Beccles School Activity Week (Mon - Thursday)	17.30 (15 seconds on every minute x 9) x 3	5K
Thursday	11	7.00 Core - Whittingham Boathouse 9.30 Junior Sprint Training Session		Beccles School Activity Week (Mon - Thursday)	17.30 500m x 12 - 3 mins rest	4 sets pull ups + 50 press ups
Friday	12	9.30 Junior Sprint Training Session				
Saturday	13	8.00 4x1mins x 6 groups 4			10am (1 on 2 off x 4) x 4 sets	11.00 gym 4 sets of pull ups
Sunday	14	9.30 Regional Marathon Training Day at Norwich - all K2 - lunch available				
Monday	15	9.30 Amy Turner visiting to give a Psychology Day for parents and paddlers		Framingham School Activity Week		17.30 Gym Chest and Back (power) or paddle 6 x 600
Tuesday	16	9.30 Junior Sprint Training Session		Framingham School Activity Week	18.00 1500m x 6	4 sets pull ups + 50 press ups
Wednesday	17	Training Day 10 - 15.00		Framingham School Activity Week	17.30 (Pyramid 15s/30s/1min/1.5min/1min/30s/15s - all 30sec rest) x 2 sets	12K in groups
Thursday	18	7.00 Core - Whittingham Boathouse		Framingham School Activity Week (Broads Trip - Juniors can come!)	17.30 1000m x 8 - 3 mins rest	4 sets pull ups + 50 press ups
Friday	19	Training Day 10 - 15.00		Framingham School Activity Week		
Saturday	20	8.00 7 x split 2k		Coach Award (Old Level 2) - Core at NCC	10am 4 x 500m at Green - wash hanging groups down	4 sets pull ups + 50 press ups
Sunday	21	9.30 Adult technical session - sprint starts		Coach Award (Old Level 2) - Core at NCC		
Monday	22			Juniors Beginners Introductory Course Week		17.30 Gym Chest and Back (Max Strength) or paddle 3 x 1200
Tuesday	23	Sit On Tops and surfboards etc to the Beach or Horstead Mill - all welcome		Juniors Beginners Introductory Course Week	18.00 12K in groups	
Wednesday	24	Stand - Up Paddle Boarding at NCC - morning		Juniors Beginners Introductory Course Week	17.30 1 min on 3 off x 10	17.30 3 x 750m
Thursday	25			European Marathon Championships - France	17.30 500m x 10 - 3 mins rest	4 sets pull ups + 50 press ups
Friday	26			European Marathon Championships - France		
Saturday	27	10 x 3mins		European Marathon Championships - France	10am (1 on 1 off x 8) x 2 sets	4 sets pull ups + 50 press ups
Sunday	28	Women and Girls Day at NCC - a celebration of women paddlers!		European Marathon Championships - France		
Monday	29			Juniors Beginners Introductory Course Week		17.30 Gym Chest and Back (Max Strength) or 5K crew boats
Tuesday	30			Juniors Beginners Introductory Course Week	18.00 1500m races x 6	
Wednesday	31			Juniors Beginners Introductory Course Week	17.30 (15 seconds on every minute x 9) x 3	17.30 15 min cap then (100m on 100m off x 6) x 4 - 30 mins CAP