						Norwich Ca	noe Club Training Schedule 2019			
Oct 19	_	Early Morning Mid Morning / Afternoon Schools			Barianana and Interna distra				Elite and Intermediates	
Day		Early Morning Mid Morning / Afternoon : Start		orning / Anternoon Schools	Beginners and Intermediates				Ente and intermediates	
Monday	31									
Tuesday	1			13.30 - 15.30	Norwich High School	18.00	4 x 3K			
Wednesday	2		rest			17.30	6 x 200	0	17.30	6 x 200m
Thursday	3			13.30 - 15.30	Norwich High School	17.30	2 x 5K			2 x 5K - 4 sets pull ups + 50 press ups
				16.00 - 17.00	Norwich School (at Scout Hut)					
Friday	4	7.00	Technical K1							
Saturday	5	8.00	7 x split 2k - 4 sets of pull up after			10am	5K TT	'		4 sets pull ups + 50 press ups
	_		(11am Run)							
Sunday	7			1					1/ 20 17 45	Winter Gym Starts for Juniors - please be promt!
Monday	-								17.30	3 x 1200
Tuesday	8			13.30 - 15.30	Norwich High School	18.00	10k race		17.30	4 sets pull ups
	-	7.00	Bungee Paddle	13.30 - 13.30	NOI WICH HIGH SCHOOL	17.30	2 x 3K in g	roups	17.30	6 x 200
Thursday	10	7.00	bungee radule	13.30 - 15.30	Norwich High School	17.30	2 x 5K	ioups	17.30	2 x 5K - 4 sets pull ups + 50 press ups
marsaay	10			16.00 - 17.00	Norwich School (at Scout Hut)	17.50	2 x 3/1			2 x 510 4 3ccs patt aps + 50 press aps
Friday	11	7.00	Technical K1	10.00 17.00	Norwich school (at scoat hat)					
Saturday	12	8.00	1500m race starts x 6 - 4 sets of pull up after			10am	1500m race	es x 4		4 sets pull ups + 50 press ups
			(11am Run)							
Sunday	13					9.30 - 10.15	Adult technical session -			
						10.15	Adult Long F	Paddle		
						17.30 - 18.30	Paddler Conditioning		46 20 47 45	we a first to the state of
Monday	14					at WBH	body weight exercises, balance and stretching		16.30 - 17.45	Winter Gym for Juniors - please be promt!  3 x 600
Tuesday	15			13.30 - 15.30	Norwich High School	18.00	12K in groups			4 sets pull ups
Wednesday	16	7.00	Bungee Paddle	13.30 - 13.30	Noi wich riigh school	17.30	1500 m race	os v 1	17.30	Crew Boats
Thursday	17	7.00	Marathon World Championships - China	13.30 - 15.30	Norwich High School	17.30	500m x 12 - 2 mins rest	es x 4	17.30	12 x 500 plus 4 sets pull ups
Titul suay	17		Marathon World Championships - China	16.00 - 17.00	Norwich School (at Scout Hut)	17.00	S and C training by BC in the gym and then a discussion (18.00) - a		all welcome	12 x 300 plus 4 sets putt ups
Friday	18	7.00	Technical K1	10.00 17.00	Norwich school (at scoat hat)	17.00	5 and c daming by be in the gym o	and then a discussion (10.00) an	Welcome	
rriday		7.00	Marathon World Championships - China							
Saturday	19	8.00	9 x 1000m - 4 sets of pull up after	Marathon	World Championships - China	10am	(1 on 1 off x 4) x 3 or 4 sets			4 sets pull ups + 50 press ups
			(11am Run) Marathon World Championships - Ch		World Championships - China					
Sunday	Sunday 20		Chelmsford Hasler - Everyone can race. Ask a coach if you want to take part!							
Suriday	20		Chemistord Hasier - Everyone can race.	ASK a COACH II YO	u want to take part:	17.30 - 18.30	De delle e O e e divie e i e e			
Monday	Monday 21		Activities Week (Activities TBA)			at WBH	Paddler Conditioning body weight exercises, balance and stretching		16.30 - 17.45 Winter Gym for Juniors - please be promt!	
Tuesday	22	10.00 - 15.30	Activities Week - Juniors Sprint Training Day	Dan Golder v	isiting to talk on Drugs Awareness		Activities Week - Juniors	s Sprint Training Day		Activities Week (Activities TBA)
		10.00 - 15.30	Activities Week - Juniors Sprint Training Day				Activities Week - Juniors Sprint Training Day			Activities Week (Activities TBA)
		9.45 - 11.30	Activities Week Pool Kayak Session		ls School - Newmarket Road Cost £2		Activities Week Pool Kayak Session			Activities Week (Activities TBA)
		9.45 - 11.30	Activities Week Pool Kayak Session FOR LIGHTNINGS		ls School - Newmarket Road Cost £2		Activities Week Pool Kayak Session FOR LIGHTNINGS			Activities Week (Activities TBA)
Saturday	26	9.00	Park Run Colney Lane NR4 7GJ you need a bar code - its free! www.parkrun.org.uk/colneylane/course/			Activities Week (Park Run)			Activities Week (Activities TBA)	
			(11am Run)							
Sunday 27				-		9.30 - 10.15	Adult technical session -The Lock (Part two)			
<del></del>	-					10.15 17.30 - 18.30	Adult Long Paddle			
Monday 28						at WBH	Paddler Conditioning lody weight exercises, balance and stretching		16.30 - 17.45	Winter Gym for Juniors - please be promt!
				1			,		17.30	Gym
Tuesday	29			13.30 - 15.30	Norwich High School	17.30	Gym at Whitlingham / Run		17.45	Gym
Wednesday	30	7.00	Bungee Paddle			17.30	Gym at Whitlingham / Run		17.30	Gym For everyone who normally paddles on a Wednesday at Whitlingham!
wednesday										