

Norwich Canoe Club Training Schedule 2019

Oct 19	Early Morning		Mid Morning / Afternoon Schools		Beginners and Intermediates			Elite and Intermediates	
Day			Start						
Monday	31								
Tuesday	1		13.30 - 15.30	Norwich High School	18.00	4 x 3K			
Wednesday	2				17.30		6 x 200	17.30	6 x 200m
Thursday	3	rest	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							
Saturday	5	8.00	7 x split 2k - 4 sets of pull up after (11am Run)		10am		5K TT		4 sets pull ups + 50 press ups
Sunday	6								
Monday	7							16.30 - 17.45	Winter Gym Starts for Juniors - please be prompt!
								17.30	3 x 1200
Tuesday	8		13.30 - 15.30	Norwich High School	18.00	10k race			4 sets pull ups
Wednesday	9	7.00			17.30		2 x 3K in groups	17.30	6 x 200
Thursday	10		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	11	7.00							
Saturday	12	8.00	1500m race starts x 6 - 4 sets of pull up after (11am Run)		10am		1500m races x 4		4 sets pull ups + 50 press ups
Sunday	13				9.30 - 10.15	Adult technical session - The Lock (Part one)			
					10.15	Adult Long Paddle			
Monday	14				17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		16.30 - 17.45	Winter Gym for Juniors - please be prompt!
									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			17.30	1500 m races x 4		17.30	Crew Boats
Thursday	17		13.30 - 15.30	Norwich High School	17.30	500m x 12 - 2 mins rest			12 x 500 plus 4 sets pull ups
			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) - all welcome			
Friday	18	7.00							
Saturday	19	8.00	9 x 1000m - 4 sets of pull up after (11am Run)	Marathon World Championships - China	10am	(1 on 1 off x 4) x 3 or 4 sets			4 sets pull ups + 50 press ups
				Marathon World Championships - China					
Sunday	20		Chelmsford Hasler - Everyone can race. Ask a coach if you want to take part!						
Monday	21		Activities Week (Activities TBA)		17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		16.30 - 17.45	Winter Gym for Juniors - please be prompt!
Tuesday	22	10.00 - 15.30	Activities Week - Juniors Sprint Training Day	Dan Golder visiting to talk on Drugs Awareness		Activities Week - Juniors Sprint Training Day			Activities Week (Activities TBA)
Wednesday	23	10.00 - 15.30	Activities Week - Juniors Sprint Training Day			Activities Week - Juniors Sprint Training Day			Activities Week (Activities TBA)
Thursday	24	9.45 - 11.30	Activities Week Pool Kayak Session	At Norwich Girls School - Newmarket Road Cost £2		Activities Week Pool Kayak Session			Activities Week (Activities TBA)
Friday	25	9.45 - 11.30	Activities Week Pool Kayak Session FOR LIGHTNINGS	At Norwich Girls 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)			
					10.15	Adult Long Paddle			
Monday	28				17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		16.30 - 17.45	Winter Gym for Juniors - please be prompt!
								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			17.30	Gym at Whitlingham / Run		17.30	Gym For everyone who normally paddles on a Wednesday at Whitlingham!
Thursday	31		13.30 - 15.30	Norwich High School	17.30	Gym at Whitlingham / Run			500m x 12 - 3 mins rest 4 sets pull ups + 50 press ups