

Norwich Canoe Club Training Schedule 2019

Dec 19	Day	Early Morning	Mid Morning / Afternoon Schools Start	Beginners and Intermediates	Elite and Intermediates
Friday	29	7.00 Core - technical K1 on little lake			
Saturday	30	8 mins in pairs (2 min leads) x 6 (4 down) (11am gym - pull ups x 5 sets or run)		10.00am 5K Time Trial	13.00 Norwich Canoe Club AGM - all members welcome - please come and input into how the club is run
Sunday	1	9.30 (3 on 2 off with bungee x 3) x 8 (3 mins between sets) - Middle effort @ 65 s/r			
Monday	2			17.30 - 18.30 at WBH Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45 Winter Gym - chest, shoulders and back
Tuesday	3		13.30 - 15.30 Norwich High School / Langley	17.30 Gym - Chest, shoulders and back 18.00 Running from Whitlingham Boathouses - everyone welcome 19.00 Circuits	16.30 - 17.45 Winter Gym - legs and across body
Wednesday	4	7.00 Drills + Bungee Paddle - Split 500m ((30 on 10 off) x 4) x 4 sets	9.30 Women Technical Sprint Sessions	17.30 Gym Core	17.30 Gym Core at Whitlingham Boathouses for Everyone
Thursday	5		13.30 - 15.30 Norwich High School	17.30 Gym - Chest, shoulders and back	16.30 - 17.45 Winter Gym - chest and back
Friday	6	7.00 Core - technical K1 on little lake			
Saturday	7	8.00 12 x 3 mins (1 min rest) (8 down) (11am gym - pull ups x 5 sets or run)		10am (3 mins on 2 off x 4) x 4 sets	11am gym - pull ups x 5 sets or run
Sunday	8	9.30 (4/2, 4/2, 3/2, 2/2, 1/1, 1/1, 2/2, 3/2, 4/2, 4/2) x 2 (14K)		9.30 Adult technical session - paddling force 2	
Monday	9			17.30 - 18.30 at WBH Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45 Winter Gym - chest, shoulders and back
Tuesday	10		13.30 - 15.30 Norwich High School / Langley	17.30 Gym - Chest, shoulders and back 18.00 Running from Whitlingham Boathouses - everyone welcome 19.00 Circuits	16.30 - 17.45 Winter Gym - legs and across body
Wednesday	11	7.00 Bungee Paddle (20 secs on 40 secs off x 6) x 4	9.30 Women Technical Sprint Sessions	Start decorating boats from 16.00 On the Water 18.00 Twilight Christmas Paddle in Fancy Dress Canoes and K2s into city singing carols. All boats to have lights. Everyone wear a Bouncy Ald. Dress REALLY WARM (Arrive from 16.00. £2 Food after (See Jackie) and prizes. Start decorating boats from 16.00 On the Water 18.00	Gym Core at Whitlingham Boathouses for everyone not paddling (TBC)
Thursday	12		13.30 - 15.30 Norwich High School	17.30 Gym - Chest, shoulders and back	16.30 - 17.45 Winter Gym - chest, shoulders and back
Friday	13	7.00 Core - technical K1 on little lake	15.30 - 17.00 Norwich High School Pool		
Saturday	14	8.00 8 x Split 2k (11am gym - pull ups x 5 sets or run)		10am 12K 8K and 6K in groups	11am gym - pull ups x 5 sets plus 50 press ups
Sunday	15	9.30 (3 on 2 off with bungee x 3) x 8 (3 mins between sets) - Middle effort @ 65 s/r (14k)		9.30 Adults Long Paddle 17.00 - 20.00 Norwich Canoe Club Christmas Party and Awards at Whitlingham Boathouses please reply to social@norwichcanoecub.co.uk	
Monday	16			17.30 - 18.30 at WBH Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45 Winter Gym - chest, shoulders and back
Tuesday	17		13.30 - 15.30 Norwich High School / Langley	17.30 Gym - Chest, shoulders and back 18.00 Christmas Fancy Dress Run Through the City 19.00 Circuits	Winter Gym for 16.30 - 17.45 Winter Gym - legs and across body
Wednesday	18	7.00 Drills + Bungee Paddle - (20 strokes every minute x 6) x 4	9.30 Women Technical Sprint Sessions	17.30 Gym Core	17.30 Gym Core at Whitlingham Boathouses for Everyone
Thursday	19	9am - 14.30 Training Day 1) 14K in groups. Bungee. 2 on 2 off x 20 (turn at 14K) 2) After lunch Gym - Chest and Back - strength endurance.		17.30 Gym - Chest, shoulders and back	
Friday	20	9am - 11.30 Training Morning 1) Gym - Skipping - 2 sets pull ups and core - planks 2) Split 500m ((30 on 10 off) x 4) x 12 3 mins rest (Turn at 12K)			
Saturday	21	8.00 2 x 5K Time Trial (11am gym - pull ups x 5 sets or run)		10.00 1500m starts x 4	11am gym - pull ups x 5 sets plus 50 press ups
Sunday	22			9.30 Adult technical session - paddling force 3. Parents can bring Lightnings if they want to paddle K2 with them!	
Monday	23	9am - 11.30 Training Morning 1) Gym - Skipping - 2 sets pull ups and core - planks 2) Split 1000m ((50 on 10 off) x 4) x 10 3 mins rest (Turn at 12K)		17.30 - 18.30 at WBH Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45 Winter Gym - chest, shoulders and back
Tuesday	24			17.00 Running from Whitlingham Boathouses - Matt P has offered to organise! Note the time.	
Wednesday	25	Christmas Day			
Thursday	26	Boxing Day			
Friday	27	Paddling Tour TBC			
Saturday	28	8.00 8 x 2k time trial.		10am 3 x 3K (Round Island)	11am gym - pull ups x 5 sets plus 50 press ups

			(11am gym - pull ups x 5 sets or run)						
Sunday	29	9.30	(4 on 2 off with bungee) x 12 (14K)			17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45	Winter Gym - chest, shoulders and back
Monday	30					17.30	Gym - Chest,shoulders and back		
Tuesday	31								
<b>January 2020</b>									
Wednesday	1	10.30	New Years Day Paddle - all welcome!			17.30	Gym Core	17.30	Gym Core at Whittingham Boathouses for Everyone
Thursday	2	9am - 14.30	<b>Training Day</b> 1) 14K in groups. Bungee. 3 on 2 off x 15 (turn at 14K) 2) After lunch Gym - Chest and Back - strength endurance 30on 30 off x 5			17.30	Gym - Chest,shoulders and back		
Friday	3		rest						
Saturday	4	8.00	8 mins in pairs (2 min leads) x 6 (4 down)			10am	5K Time Trial		11am gym - pull ups x 5 sets plus 50 press ups
Sunday	5		Luzmore K2 Race - Richmond to Elmbridge.			9.30	Adult technical session		
Monday	6		Rest			17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	16.30 - 17.45	Winter Gym - chest, shoulders and back
Tuesday	7					17.30	Gym - Chest,shoulders and back		
Wednesday	8	7.00	Bungee Paddle (20s on 40 off x 6) x 4 sets	9.30	Women Technical Sprint Sessions	17.30	Gym Core	17.30	Gym Core at Whittingham Boathouses for Everyone
Thursday	9			13.30 - 15.30	Norwich High School	17.30	Gym - Chest,shoulders and back	18.15 - 19.30	Hockey at Wensum - everyone can play! £2
Friday	10	7.00	Core - technical K1 on little lake	15.30 - 17.00	Norwich High School Pool				
Saturday	11	8.00				10am	12K 8K and 6K in groups		11am gym - pull ups x 5 sets plus 50 press ups
Sunday	12	9.30	(3 on 2 off with bungee x 3) x 6 (3 mins between sets) - Middle effort @ 65 s/r						