

Norwich Canoe Club Training Schedule 2018

Mar 20		Early Morning		Mid Morning / Afternoon Schools					
Day				Start					
Saturday	29	8.00	6 x 6 mins K2			10am	(30 s on 30 off x 5) x 4 sets	11.00	4 sets pull ups + 50 press ups
Sunday	1	9.30	split 500m (40s on/20s rest x 3) x 10 (3 mins rest - 6 down 4 back)						
		9.30	Adult Long Paddle - Bramerton						
Monday	2					17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		rest
						16.30 - 17.45	Gym - Strength Endurance		
						17.30	200m x 8 Little Lake (dark 18.10)	19.00	Gym
Tuesday	3			13.30 - 15.30	Norwich High School / Langley	17.30	600m x 6 little lake (dark at 18.12)		
						18.00	Running from Whitlingham Boathouses - everyone welcome		
						19.00	Circuits		
Wednesday	4	6.30	Tim Pendle group	9.30	Women Technical Sprint Sessions	17.30	1min leads x 6 in groups of 4 (dark at 18.14)	19.00	Gym
		7.00	Junior technical and Sprint Training 200m x 3	11.00	Norwich High School				
Thursday	5			13.30 - 15.30	Norwich High School	16.30 - 17.45	Gym - Strength Endurance	19.00	Gym
						17.30	200m x 8 little lake (dark at 18.16)		
Friday	6	7.00	Junior technical and Sprint Training 200m x 3						
Saturday	7	8.00	12 x 3mins on 2 off			10am	(1 on 1 off x 8) x 2 or 3 sets	11.00	4 sets pull ups + 50 press ups
Sunday	8	9.30	split 1000m (40s on/20s rest x 6) x 6 (4 mins rest - 4 down 2 back)			9.30	Adult technical session		
Monday	9					17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		
						16.30 - 17.45	Gym - Strength Endurance		
						17.30	600m x 6 (dark at 18.23) - Little Lake	19.00	Gym
Tuesday	10			13.30 - 15.30	Norwich High School / Langley	17.30	(30s x 30s x 7) x 5 (dark 18.25)		
						18.30	BC Podcast - the exercising female - understanding and mastering the menstrual cycle - https://britishcanoeing.formstack.com/forms/smarther_webinar_sign_up		
						18.00	Running from Whitlingham Boathouses - everyone welcome		
						19.00	Circuits		
Wednesday	11	6.30	Tim Pendle group	9.30	Women Technical Sprint Sessions	17.30	50 m x 5 - 100m x 5 200m x 2 (dark 18.26)	19.00	Gym
		7.00	Junior technical and Sprint Training split 500m x 2	9.00	Norwich High School				
Thursday	12			13.30 - 15.30	Norwich High School	16.30 - 17.45	Gym - Strength Endurance		
						17.30	500m x 12 - 2 mins rest (Dark 18.28)	19.00	Gym
Friday	13	7.00	Junior technical and Sprint Training 200m x 3	15.30 - 17.00	Norwich High School at the School Pool				
Saturday	14	8.00	(1 min leads in groups of 4) x 6 or 8			10am	5k TT	11.00	4 sets pull ups + 50 press ups
Sunday	15		split 500m (40s on/10s rest x 3) x 10 (3 mins rest - 6 down 4 back)			9.30	Adult technical session		
Monday	16					17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching		
						16.30 - 17.45	Gym - Strength Endurance		
						17.30	200m x 8 - Little Lake (dark 18.35)	19.00	Gym
Tuesday	17			13.30 - 15.30	Norwich High School / Langley	17.30	1500m races x 6 (dark 18.37)	19.00	Gym
Wednesday	18	6.30	Tim Pendle group	9.30	Women Technical Sprint Sessions	17.30	1 on 1 off x 10 (dark 18.39)	19.00	Gym
		7.00	Junior technical and Sprint Training split 500m x 2	11.00	Norwich High School				
Thursday	19			13.30 - 15.30	Norwich High School	16.30 - 17.45	Gym - Strength Endurance	19.00	Gym
						17.30	1000m x 8 - 2 mins rest		
Friday	20	7.00	Junior technical and Sprint Training 200m x 3	15.30 - 17.00	Norwich High School at the School Pool				
Saturday	21	8.00	2K, (3 mins rest) 500m, (2m rest) 1K, (3m rest) 250m, (2m rest) 1K, (3 rest) 500m, 2K			10am	(30 s on 30 off x 5) x 5 sets	11.00	gym 4 sets of pull ups
Sunday	22		CAMBRIDGE HASLER MARATHON - everyone can race!						
Monday	23					17.30 - 18.30 at WBH	Paddler Conditioning body weight exercises, balance and stretching	17.30	
						16.30 - 17.30	Gym - Strength Endurance		
						17.30	200m x 8 - Little Lake (dark 18.48)		
Tuesday	24			13.30 - 15.30	Norwich High School / Langley	17.30	Crew Boats (dark 18.50)	19.00	Gym
Wednesday	25	6.30	Tim Pendle group	9.30	Women Technical Sprint Sessions	17.30	50 m x 5, 100m x 5 200m x 2 Load Trailer for Notts	19.00	Gym
		7.00	Junior technical and Sprint Training 200m x 3	9.00	Norwich High School				
Thursday	26			13.30 - 15.30	Norwich High School	17.30	500m x 12 (6 if going to regatta) - 2 mins rest		4 sets pull ups + 50 press ups
Friday	27		rest	15.00 - 17.00	Nottingham Sprint Regatta - Bucket Practice				
Saturday	28	8.00	9 x 1000m			10am	(2 on 2 off x 5) x 2 sets	11.00	4 sets pull ups + 50 press ups
Sunday	29		CLOCKS CHANGE!						CLOCKS CHANGE!
Monday	30						Rest		
Tuesday	31			13.30 - 15.30	Norwich High School / Langley	18.00	1500m races x 6		
Saturday	4th		Reading K1 Marathon Assessment						