

Half Term

24th October - 1st November

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY	SUNDAY
	24	25	26	27	28	29	30	31	31	1
7.30	1500m Races							12 x 4 mins		
9.0 - 11.15		Gym for more experienced - 6 maximum in main gym.	Short course mass start races - Big Lake for more experienced including portaging.	23 K - more experienced padders. K1 or K2 Pyramid - Muscular acidosis	K4 and K2s for more experienced - big lake - skills - 60 s/r, drills and team relays.	Time trials. K1 or K2 500m (splits) 250m timed 1 min rest 250m timed. x 4 VO2 Max	Rest		Training Day at Elmbridge for experienced. COVID - allowing. First session 9am	Gym for more experienced - 6 maximum in main gym.
10.00	Lower divisions and lightnings Races							Padding lower divs 8 x 2 mins	K1 morning - K2 in the afternoon.	
12.00 until 14.00			Paddling - Sprint relay teams. Little lake- lower divisions and Lightnings	Paddling - 5K and 8K in groups. - lower divisions and Lightnings	Paddling - K4 and K2 if you choose - big lake - lower divisions and Lightnings	Paddling - Sprint relay teams. Little lake - lower divisions and Lightnings	Rest		(Get in touch if you are an advanced junior, under 23 or senior paddler and wish to come to Elmbridge)	
15.30 - 17.00			Gym - 6 maximum in main gym. 6 - 12 others in main hall - book if you wish to come	Boot Camp - running, outside gym through the woods, be prepared to get muddy and suffer.	Gym - 6 maximum in main gym. 6 - 12 others in main hall - book if you wish to come	Gym - 6 maximum in main gym. 6 - 12 others in main hall - book if you wish to come	Rest			

Paddling Notes

Paddling in the morning is for division 6 standard and above for girls, 5 for boys, Talk to a coach if you are unsure whether you have now reached that standard as we have not had racing This will help you decide whether to attend in to morning or at lunchtime

Gym notes

Please book gym slots in advance by replying to this post or via e mail scott.tim@icloud.com . A gym list will go up so everyone is clear who is attending on each day and in which area of the building. You need a mask to enter the building.

Staying the whole day - bring a mask

We cannot stay in the building. We can eat outside but the weather may be cold / wet. If you wish to remain on site from 9am until the gym session at 15.30 and you are under 18 you will need to help with the 12.00 session. Remember there are no showers. Bring packed lunch and a hot drink and three changes of kit (2 for paddling - one for gym)