

### October Norwich Canoe Club Training Schedule

Day	AM	PM		General club
Friday	2			
<b>Saturday</b>	<b>7:30</b>	<b>4 x 3k (big lake)</b>	<b>10:15</b>	<b>8 x 2 mins</b>
Sunday	4			Broads sportive
Monday	5		5:00	gym
Tuesday	6		5:30	12 x 2mins
Wednesday	7		5:30	core
Thursday	8		5:30	200 small lake
Friday	9			
<b>Saturday</b>	<b>7:30</b>	<b>8 x split 2k</b>	<b>10:15</b>	<b>30 on 30 off x 3 x8</b>
Sunday	11			Profiling NWSC/Reading Profiling Reading
Monday	12		5:00	gym Coaching meeting via zoom
Tuesday	13		5:30	12 x 500 6:30 for 1 hour
Wednesday	14		5:30	core
Thursday	15		5:30	3k's in groups around island
Friday	16			
<b>Saturday</b>	<b>7:30</b>	<b>Team TT</b>	<b>10:15</b>	<b>8k in groups</b> Team TT
Sunday	18			
Monday	19		5:00	gym
Tuesday	20		6:00	2 or 3 x 5K
Wednesday	21		5:30	core
Thursday	22		5:30	200 small lake
Friday	23			
<b>Saturday</b>	<b>7:30</b>	<b>5/12k TT</b>	<b>10:15</b>	<b>5K/Bramerton TT</b> Clock move back 1 hour
Sunday	25			
Monday	26		5:30	gym
Tuesday	27		6:00	gym
Wednesday	28		5:30	core
Thursday	29		5:30	gym
Friday	30			
Saturday	1	<b>12x 4 mins</b>	<b>10:15</b>	<b>8 x 2mins</b>