

## Norwich Canoe Club Training Schedule - November 2020

Day		Coaches						
		AM		PM			General club	
Saturday	7	7:30	8 x split 2k				8 x 2 mins	
Sunday	8							
Monday	9						gym at home	press up and chins
Tuesday	10						run	
Wednesday	11						core at home	
Thursday	12						gym at home	press up and chins
Friday	13							
Saturday	14	7:30	12 x 3mins				30 on 30 off x 3 x8	
Sunday	15							
Monday	16						gym at home	press up and chins
Tuesday	17						run	
Wednesday	18						core at home	
Thursday	19						gym at home	press up and chins
Friday	20							
Saturday	21	7:30	30 x 30 x 7 x5				2 mins x 8	
Sunday	22							
Monday	23						gym at home	press ups chins
Tuesday	24						run	
Wednesday	25						core at home	
Thursday	26						gym at home	press up and chins
Friday	27							
Saturday	28	7:30	10mins 8 6 4 2 1 2 4 6 8 10 mins	2 mins rest			4 mins 2min 1min 2mins 4 mins	
Sunday	29							
Monday	30						gym at home	press up and chins
Tuesday	1						run	
Wednesday	2						core at home	
Thursday	3						gym at home	press ups and chins
Friday	4							
Saturday	5		12x 4 mins				8 x 2mins	
Sunday	6							
Monday	7						gym at home	press up and chins