

April 2023 Schedule

1st April	Saturday	7.30 - 9.30 Paddle More experienced [30 seconds on 30 seconds off x 4 (= 500m) or x 8 (= 1000m) ] x 6 down with paddle back	10.30 - 12.00 (30 / 30 x 4) x 4 or 6 Club Session Everyone welcome	11.15 Juniors Gym 60 Pull Ups				
2nd April	Sunday	8.30 Gym Core	9.00 Paddle 4 x 500m Including Junior Boys K4 with Theo?	9.30 Adults Technical with Julie				
3rd April	Monday	6.30am Paddle more experienced 15K	<b>Juniors Training Day</b> 10.00 am - 12.00 Div 1 - 6 juniors only - 3 x 3 K round island 13.00 Daisy Lee - Psychology Talk 14.00 All juniors (Div 1 -9 and Lightnings) 14.00 Div 1 - 6 juniors - sprint race starts little lake / gym core / chest and back Others: paddle Finish time: 16.00			Para Session 8.00 am - 9.30am Big Lake	17.30 - 19.00 Paddle 600m x 6 Little Lake	17.30 - 19.00 Climbing - UEA with Tim We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
4th April	Tuesday	6.30am Paddle more experienced Split 500's	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJvZmhsU0ZLRDdHVzVlZzOQ">https:// us05web.zoom.us/j/ 82691963636? pwd=THkxVW5tUEJvZ mhsU0ZLRDdHVzVlZz OQ</a>	Juniors Training Morning 10am -12.30 All juniors 10am 15 mins core 10.30 500m and 200m Sprint Races - Big Lake	Para Session 8.00 am - 9.45 am			18.00 - 19.30 Club session More experienced 10K Race K2 and K1
5th April	Wednesday		6.30am Paddle more experienced pyramid 12K	Para Session 8.30 am - 11am Big Lake	17.45 - 19.00 Core 1 Gym With James How More Experienced	18.00 - 19.00 Core 2 Main Room Open to All	17.30 - 19.00 Club session open to all <b>Easter Egg Hunt!!!</b> Sign up on Facebook	
6th April	Thursday	6.30am Paddle more experienced 15K or 20K	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJvZmhsU0ZLRDdHVzVlZzOQ">https:// us05web.zoom.us/j/ 82691963636? pwd=THkxVW5tUEJvZ mhsU0ZLRDdHVzVlZz OQ</a>	Para Session 8.30 am - 11am Little lake	Juniors Training Morning 10am - 12.00 or 13.45 All juniors 10am - 15 mins core 500m and 200m Sprint Races - Big Lake 13.00 Daisy Lee Talk Finish 13.45	17.30 Adult paddle with Emma and Ali open to all adults	17.30 Paddle With Tim Split 1000m x 2 1000m TT x 1 More experienced City time trials	17.30 Club Paddle More Experienced 8 x 1000
7th April	Friday			Para Session 8.30 am - 11am Little lake			Evening <b>Adult Long Paddle</b> With Harriet and Julie (Time details TBC) Paddle and a drink or dinner in a pub afterwards	
8th April	Saturday	7.30 - 9.30 (30n, 20ff x 3) (20n, 20ff x 4) (30n, 20ff x 3) Including Ladies K4 Then paddle back	10.30 - 12.00 K4 and K2 (10n, 20ff x 3) x 2 or 4 Club Session Everyone welcome	11.15 Juniors Gym 60 Pull Ups				
9th April	Sunday	9.00 Paddle 4 x 500m Including Junior Boys K4 with Theo?	9.30 Adults Technical with Jan					
10th April	Monday	6.30am Paddle more experienced 15K or 20K		Para Session 8.30 am - 11am Big Lake			17.30 - 19.00 Paddle 600m x 6 with a turn Little Lake	17.30 - 19.00 Climbing - UEA with Tim We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
11th April	Tuesday	6.30am Paddle more experienced Split 500's	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJvZmhsU0ZLRDdHVzVlZzOQ">https:// us05web.zoom.us/j/ 82691963636? pwd=THkxVW5tUEJvZ mhsU0ZLRDdHVzVlZz OQ</a>	10am - 12 Juniors Training Morning Swimming at UEA - meet in foyer at 10am - bring money to pay info here: <a href="https://www.sportspark.co.uk/">https:// www.sportspark.co.uk/</a>	Para Session 8.00 am - 10am River		Load K4s on trailer for HPP	18.00 - 19.30 Club Session More Experienced 4 x 3K plus 1 x 1000m Big Lake
12th April	Wednesday		6.30am Paddle more experienced pyramid 12K	Juniors Training Morning 10am - 12.30 All juniors 10am - 15 mins core 500m and 200m Sprint Races - Big Lake	Para Session 8.30 am - 10am Big Lake	17.45 - 19.00 Core 1 Gym With James How More Experienced Load boats on trailer for HPP	18.00 - 19.00 Core 2 Main Room Open to All Load boats on trailer for HPP	17.30 - 19.00 100m x 6 in groups Little Lake Load boats on trailer for HPP
13th April	Thursday	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJvZmhsU0ZLRDdHVzVlZzOQ">https:// us05web.zoom.us/j/ 82691963636? pwd=THkxVW5tUEJvZ mhsU0ZLRDdHVzVlZz OQ</a>		Para Session 8.30 am - 11am Little Lake		17.30 Adult paddle with Emma and Ali open to all adults	17.30 TT group all rest	17.30 Club Paddle More Experienced 12 x 500

14th April	Friday	Rest	Trailer leaves mid morning for Notts					
15th April	Saturday	7.30 - 9.45 8 x 1000 / 1 or 2 mins rest down 8 x 500m back plus paddle back	10.30 - 12.00 12 x 2 mins / 1 or 2 mins rest 8 down - 4 back plus paddle back	Nottingham Sprint Regatta Selection for senior pool for World Cups				
16th April	Sunday		9.30 Adults Technical with Jan	Nottingham Sprint Regatta Selection for senior pool for World Cups				
17th April	Monday	6.30am Paddle more experienced 15K or 20K		Para Session 8.30 am - 11am			17.30 - 19.00 Paddle 600m x 6 with a turn Little Lake	17.30 - 19.00 Climbing - UEA with Tim We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
18th April	Tuesday	6.30am Paddle more experienced Split 500's		Para Session 8.30 am - 11am				18.00 - 19.30 More Experienced Mixed ability K2 1500m starts
19th April	Wednesday	6.30am - 7.30 Juniors Gym With Tim (Prioritise evening session over this one if you are only coming to one)	6.30am Paddle more experienced pyramid 12K	Para Session 8.30 am - 11am		17.45 - 19.00 Core 1 Gym With James How More Experienced	18.00 - 19.00 Core 2 Main Room Open to All	17.30 - 19.00 K4 and K2 (1on, 2off x 3) x 2 or 4 Club Session Everyone welcome
20th April	Thursday	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkvVW5tUEJvZmh5U0ZLRDdHVzVtZz09">https://us05web.zoom.us/j/82691963636?pwd=THkvVW5tUEJvZmh5U0ZLRDdHVzVtZz09</a>		Para Session 8.30 am - 11am		17.30 Adult paddle with Emma and Ali open to all adults	17.30 Paddle With Tim Split 1000m or 500m TT More experienced City time trials	17.30 Club Paddle More Experienced 8 x 1000
21st April	Friday	6.30am - 7.30 Juniors Gym - unless racing assessment race in which case rest with Tim		Para Session 8.30 am - 11am				
22nd April	Saturday	7.30 - 9.45 Paddle More experienced 8 mins in pairs x 6 (2 minute leads) 1 Or 2 off Turn at Surlingham	10.00 - 12.00 1 x 5K Time Trial Club Session Everyone welcome	Long Course Marathon Assessment Race - Elmbridge Canoe Club Juniors and Seniors				
23rd April	Sunday	Juniors rest after assessment race	9.30 Adults Technical with Jan					
24th April	Monday	6.30am Paddle more experienced 15K or 20K		Para Gym 8.30 am - 11am			17.30 - 19.00 Paddle 600m x 6 with a turn Little Lake	17.30 - 19.00 Climbing - UEA with Tim We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
25th April	Tuesday	6.30am Paddle more experienced Split 500's		Para Gym 8.30 am - 11am				18.00 - 19.30 Club Session More Experienced 4 x 3K Round island
26th April	Wednesday	6.30am - 7.30 Juniors Gym With Tim (Prioritise evening session over this one if you are only coming to one)	6.30am Paddle more experienced pyramid 12K	Para Session 8.30 am - 11am		17.45 - 19.00 Core 1 Gym With James How More Experienced	18.00 - 19.00 Core 2 Main Room Open to All	17.30 - 19.00 Club session open to all 3K round island in groups x 1, 2 or 3
27th April	Thursday	6.30am Paddle more experienced 15K or 20K	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkvVW5tUEJvZmh5U0ZLRDdHVzVtZz09">https://us05web.zoom.us/j/82691963636?pwd=THkvVW5tUEJvZmh5U0ZLRDdHVzVtZz09</a>	Para Gym 8.30 am - 11am		17.30 Adult paddle with Emma and Ali open to all adults	17.30 Paddle With Tim Split 1000m x 2 1000m TT x 1 More experienced City time trials	17.30 Club Paddle More Experienced 12 x 500

28th April	Friday	6.30am - 7.30 Juniors Gym (rest if you are racing Bedford Hasler) with Tim		Para Gym 8.30 am - 11am				
29th April	Saturday	7.30 - 9.30 Paddle More experienced K4/K2 12 x 3mins on 2 off to Surlingham	10.00 - 12.00 Race Starts and Race Turns Practice Club Session Everyone welcome	11.15 Juniors Gym 60 Pull Ups				
30th April	Sunday	<b>Bedford Hasler</b> Enter online - talk to Josh Forster for help and advice						

Colour Code

Club Session open to everyone If you paddle once or twice a week - come to these sessions	Club Session more experienced If you are doing two sessions and would like to move on - talk to someone about coming to these sessions in addition	Juniors Training Days (either at the Club or elsewhere)	Junior sessions open to all juniors	Para Sessions	Adults Paddle and Crew Boat sessions	Seniors and Veterans
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Colour Code Continued

Intermediate adults paddle	Races	Special Events	International Races that require selection	International Club Trips	Actions (off water)	Adult Long Paddles
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Coaches

Cross Training	Adults Technical with Jan	Gym For Seniors and Veterans With Andy Ross	Younger Juniors Games with Harriet and Grace	Core 1 Gym More Experienced With James How and Tim	Core 2 for All Main Rom With Lisa Hayward Open to All	
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