

Sunday	28th April	Bedford Marathon Hasler Matthew Lodge is marathon rap Enter here: https://entries.gbcanoemarathon.co.uk/entries		9.00 Club Session More Experienced Split 500s - Big Lake (100m on 100m off for 500m) x 4				
Monday	29th April	6.30am Paddle more experienced 15K CAP				17.30 - 19.00 Paddle 1200m x 6 Round Footbridge	Club Session open to everyone 17.55 - 18.35 Sprint Running Fitness with Emma	17.00 - 19.00 Climbing - UEA with Tim and Jan S We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
Tuesday	30th April	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5tUEhZmh5U0ZLRDdHVzVzZ09	Para Session 7.30 am - 9.00am with Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session 4 x 3K plus 1 x 1000m with a turn Big Lake
Wednesday	1st May	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome		Para Session 7.30 am - 9.00am with Tim			16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 Paddle for Everyone 5K TT
Thursday	2nd May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5tUEhZmh5U0ZLRDdHVzVzZ09	Para Session 7.30 am - 9.00am with Tim			6pm - 7pm Intermediate Paddle Session With Emma	18.00 - 19.30 Club Session 1000m x 8
Friday	3rd May	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome						
Saturday	4th May	7.30 - 9.30 Paddle Races to Places K1 or K2 1st) 1 2nd Railway Bridge to Black sign 2nd) Road Bridge to Farm Then Paddle to Bramerton 3rd) Bramerton to Road Bridge 4th) Black sign to Sailing Club	10.00 - 12.00 Paddle - Everyone welcome races to places	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique	K2 Assessment Race Elmbridge Enter here: https://entries.gbcanoemarathon.co.uk/entries			
Sunday	5th May	8.30 - 9am Gym Core		9.00 Club Session More Experienced Split 500s - Big Lake (100m on 100m off for 500m) x 4				
Monday	6th May	6.30am Paddle more experienced 15K CAP		6.30am Paddle			17.30 - 19.00 Paddle Little Lake 600m x 6	17.00 - 19.00 Climbing - UEA with Tim and Jan S We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.
Tuesday	7th May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5tUEhZmh5U0ZLRDdHVzVzZ09	Para Session 7.30 am - 9.00am with Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session 10K Race
Wednesday	8th May	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome		Para Session 7.30 am - 9.00am with Tim			16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 Paddle Warm up then 200m every 6 mins Big Lake
Thursday	9th May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5tUEhZmh5U0ZLRDdHVzVzZ09	Para Session 7.30 am - 9.00am with Tim			6pm - 7pm Intermediate Paddle Session With Emma	18.00 - 19.30 Club Session 500m x 12
Friday	10th May	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome						
Saturday	11th May	8am Mixed ability K4 that includes EVERYONE 3 on 2 off x 12	10.00 - 12.00 Paddle - Everyone welcome	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique				
Sunday	12th May	Short Course National Championships Peterborough Enter here: https://entries.gbcanoemarathon.co.uk/entries		9.30 Adults Technical (All welcome) with Jan				
Monday	13th May	6.30am Paddle more experienced 15K CAP		6.30am Paddle			17.30 - 19.00 Paddle Little Lake (300m x 3) x 3	17.00 - 19.00 Climbing - UEA with Tim and Jan S We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.

Tuesday	14th May	6am-7.30am Gym Functional Exercises for Strength with Tom	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkxVW9tUEhZmh5UQZLRDdHVzVz09	Para Session 7.30 am - 9.00am TBC			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club session More experienced 6 x 1500m starts	
Wednesday	15th May	6.30am - 7.30 Juniors Gym With Tristran	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 7.30 am - 9.00am TBC			16.45 - 17.30 Core and More Gym With James All welcome	17.30 - 18.30 Paddle - River Technical drills in Groups Then 30s on 30s off x 5 (x 4)	
Thursday	16th May	6am-7.30am Gym Functional Exercises for Strength with Tom	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkxVW9tUEhZmh5UQZLRDdHVzVz09	Para Session 7.30 am - 9.00am TBC			6pm - 7pm Intermediate Paddle Session With Emma	18.00 - 19.30 Club Session 1000m x 8	
Friday	17th May								
Saturday	18th May	7.30 - 9.30 Paddle Groups of 4 1 minute leads	10.00 - 12.00 Club Session for everyone 1 minute leads in pairs	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique	K1 Assessment Race Elmbridge Enter here: https://entries.gbcanoe Marathon.co.uk/entries				
Sunday	19th May	Norwich Hasler Norwich - Everyone can race!!!! Enter here: https://entries.gbcanoe Marathon.co.uk/entries See Matthew Lodge if you can help							
Monday	20th May	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle Little Lake 200m & 100m x 3	17.00 - 19.00 Climbing - UEA with Tim and Jan S We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.	
Tuesday	21st May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkxVW9tUEhZmh5UQZLRDdHVzVz09	Para Session 7.30 am - 9.00am with Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club session K4, K2 and K1 14K Hare and Hounds	
Wednesday	22nd May	6.30am - 7.30 Juniors Gym With Tim	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 7.30 am - 9.00am with Tim			16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 Paddle 3K TT x 2 or 3	
Thursday	23rd May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkxVW9tUEhZmh5UQZLRDdHVzVz09	Para Session 7.30 am - 9.00am with Tim			6pm - 7pm Intermediate Paddle Session With Emma	18.00 - 19.30 Club Session 500m x 8 Big Lake	
Friday	24th May	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome					7pm - 9pm NCC 5 a side football evening! Get your team together to see if you can beat the Veteran All Stars for the NCC Challenge Cup! Venue TBC Cost £4 pp		
Saturday	25th May	7.30 Paddle 15 x 4 minutes	10.00 - 12.00 Club Session	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique					
Sunday	26th May	9.30 Women and Girls Day More details to follow		9.00 Club Session More Experienced Split 500s - Big Lake (100m on 100m off for 500m) x 4					
Monday	27th May	6.30am Paddle more experienced 15K CAP	10am - 2pm Bring A Friend Open Day Bring a friend or come along and help if you can!				17.30 - 19.00 Paddle 1200m x 6 Round Footbridge	Club Session open to everyone 17.55 - 18.35 Sprint Running Fitness with Emma	17.00 - 19.00 Climbing - UEA with Tim and Jan S We have a small number of spaces if not signed off by UEA - get in touch if you'd like to come.

Tuesday	28th May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us02web.zoom.us/j/826919636362 pwd=THkVW5tUEJyZmh5U0ZLRDdHvZVzZ09	Para Session 7.30 am - 9.00am with Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session 4 x 3K plus 1 x 1000m with a turn Big Lake
Wednesday	29th May	6.30am Paddle Pyramid (or 2K) 8-6-4-2-1-2-4-6-8 Everyone welcome		Para Session 7.30 am - 9.00am with Tim		Juniors Training Day Faster Juniors 9am - 3pm Younger Juniors 9am - 12 midday	16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 Paddle Little Lake 600m x 6 Individual then groups with a turn
Thursday	30th May	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us02web.zoom.us/j/826919636362 pwd=THkVW5tUEJyZmh5U0ZLRDdHvZVzZ09	Para Session 7.30 am - 9.00am with Tim		Juniors Drone Filming Day Wear NCC Kit for the drone!! Faster Juniors 9am - 3pm Younger Juniors 9am - 12 midday	6pm - 7pm Intermediate Paddle Session With Emma	18.00 - 19.30 Club Session 500m x 8 Big Lake
Friday	31st May	9am - 10am Paddle Technical session on River at front of Club house Everyone welcome				Set up at Festival of Fitness Help needed at set up!		
Saturday	1st June	7.30 - 9.30 Paddle Split 2K		10.00 - 12.00 Club Session	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique	Festival of Fitness Help on the stall needed!		

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)	Social 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	Courses or sessions run by the club for external paddlers
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