

June 2024 Schedule

Thursday	30th May	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim	Juniors Training Day 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	Para Session 7.30 am - 9.00am with Tim	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 50 seconds on 10 off x 3 x 3 Club Session	Festival of Fitness Help on the stall needed!		Marathon World Cup Brandenburg	
Sunday	2nd June	Bishop Stortford Marathon Hasler Matthew Lodge is marathon rep Enter here: https://entries.abcanoamarathon.co.uk/entries		9.00 Club Session More Experienced 15K, 25K or 30K @ 160 or lower heart rate		Marathon World Cup Brandenburg	
Monday	3rd June	6.30am Paddle more experienced Bungee			17.30 - 19.00 Paddle 1200m x 6 Round Footbridge		17.00 - 19.00 Climbing - UEA with 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	4th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim		18.00 - 19.30 Club Session 10K Race with portage at the Green on first two laps
Wednesday	5th June	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	13.00 Open Canoe Skills with Tim (Weather dependent) Let me know if you wish to attend	16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 Paddle for Everyone 5K TT
Thursday	6th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim	6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 1000m x 8
Friday	7th June	6.30am - 7.30am Paddle Technical session Everyone welcome					
Saturday	8th June	7.30 - 9.30 Paddle Pyramid 8 min, 4x4, 8min, 4x2, 8 min, 4x1, 8 min. The 8s at 10k/ marathon cruise then 4s at 1000m pace, 2s, and 1s hard	10.00 - 12.00 Paddle - Everyone welcome	Nottingham Sprint Regatta Selection for Junior and Under 23 Worlds Open & British, Master and Under 23 Sprint National Championships			
Sunday	9th June	9.30 Adults Technical (All welcome) with Jan		Nottingham Sprint Regatta Selection for Junior, and Under 23 Worlds Open & British, Master and Under 23 Sprint National Championships			
Monday	10th June	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.	19.00 41 Club Visiting Norwich Canoe Club for talk by Shaun Cook and pizza @ 20.00
Tuesday	11th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim		18.00 - 19.30 Club session 4 x Round the Island 1. Individual 2, pairs 3, threes 4 groups K2 and K1
Wednesday	12th June	6.30am - 7.30 Juniors Gym With Tim	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 100m Races Little Lake
Thursday	13th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim	6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 500m x 12
Friday	14th June	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome					

Saturday	15th June	7.30 - 9.30 Paddle (30 seconds on 30 seconds off x 6) x 6 sets. Turn at 8k finish efforts and then paddle back	10.00 - 12.00 Paddle - Everyone welcome					
Sunday	16th June	Leighton Buzzard Marathon Hasler Matthew Lodge is marathon rep Enter here: https://entries.obcanemarathon.co.uk/entries		9.00 Club Session More Experienced 15K, 25K or 30K @ 160 or lower heart rate				
Monday	17th June	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	18th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636367 pwd=THkvVWSUeJvZmh SU0ZLRdHvZvVz09	Para Session 7.30 am - 9.00am TBC			18.00 - 19.30 Club session More experienced 6 x 1500m starts with portage one way only
Wednesday	19th June	6.30am - 7.30 Juniors Gym With Tim	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 and Tim All welcome	17.30 - 18.30 Paddle - River Technical drills in Groups Then 30s on 30s off x 5 (x 4)
Thursday	20th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636367 pwd=THkvVWSUeJvZmh SU0ZLRdHvZvVz09	Para Session 7.30 am - 9.00am with Tim		6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 1000m x 8
Friday	21st June	6.30am - 7.30am Paddle Technical session Everyone welcome						
Saturday	22nd June	7.30 - 9.30 Paddle 8 mins in Pairs	Norwich Sprint Event Great Broad and Little Broad £5 Entry for All Races!! 10am - 3.30pm with BBQ (Bring your own food) 500m racing, Relay Racing, Kayak Polo in Lightnings, Jump from K4 to K2 to K1 Team Race Everyone can race!					
Sunday	23rd June	Richmond Hasler Enter here: https://entries.obcanemarathon.co.uk/entries Out of Region - but a good race to attend	9.00 Club Session More Experienced 15K, 25K or 30K @ 160 or lower heart rate	11am - 6pm Racing Discipline Specific Coaching Course for Coach Award				
Monday	24th June	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	25th June	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636367 pwd=THkvVWSUeJvZmh SU0ZLRdHvZvVz09	Para Session 7.30 am - 9.00am with Tim	NCC Stand at The Royal Norfolk Show Set Up		18.00 - 19.30 Club session K4, K2 and K1 14K Hare and Hounds with portage at Green on way out only
Wednesday	26th June	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	NCC Stand at The Royal Norfolk Show Come and help us in the Spotzone!				16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 18.30 (Round Island) Paddle 3K TT x 2 or 3
Thursday	27th June	6am-7.30am Gym Functional Exercises for Strength with Tim	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636367 pwd=THkvVWSUeJvZmh SU0ZLRdHvZvVz09	NCC Stand at The Royal Norfolk Show Come and help us in the Spotzone! (Stand strike at end of day)		6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 500m x 8 Big Lake
Friday	28th June	6.30am - 7.30am Paddle Technical session Everyone welcome					7pm - 8pm 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 Goals Cost £5 pp	
Saturday	29th June	7.30 - 9.30 Paddle Races to Places Mixed Ability 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 Club Session					

Sunday	30th June	9.00 Club Session More Experienced 25K or 30K @ 160 or lower heart rate	9.00 Club Session Max Speed rolling into (15 seconds every 3 minutes x 6) x 3	11am - 6pm Racing Discipline Specific Coaching Course for Coach Award				
Monday	1st July	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle 1200m x 6 Round Footbridge	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	2nd July	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636387?pwd=THkxVW5lUUEuZjZmbSU0ZlRlRDdHVzVlZz09	Para Session 7.30 am - 9.00am with Tim			18.00 - 19.30 Club Session 4 x 3K with portage plus 1 x 1000m with a turn Big Lake
Wednesday	3rd July	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 Little Lake 600m x 6 with a turn Individual then groups
Thursday	4th July	6am-7.30am Gym Functional Exercises for Strength with Tim and Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636387?pwd=THkxVW5lUUEuZjZmbSU0ZlRlRDdHVzVlZz09	Para Session 7.30 am - 9.00am with Tim		6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 500m x 8 Big Lake
Friday	5th July	9am - 10am Paddle Technical session on River at front of Club House Everyone welcome						
Saturday and Sunday	13th and 14th July	National Marathon Championships Reading 13th and 14th July Everyone can race!!! K1 Saturday and K2 Sunday We are looking for 100 plus people entering from the Club!!						

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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