

July 2024 Schedule

Sunday	30th June	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	9.00 Club Session Max Speed rolling into (15 seconds every 3 minutes x 6) x 3	10.30am - 6pm Racing Discipline Specific Coaching Course for Coach Award	6.30am Paddle more experienced 25K CAP			
Monday	1st July	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle 200m x 4 Big Lake	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/826919636367 pwd=THkvVW5UeJvZmhSU0ZLRDdHVzViz09	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	6pm - 7pm Run from NCC With Emma	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	Coaching Meeting 19.00
Thursday	4th July	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=THkvVW5UeJvZmhSU0ZLRDdHVzViz09	Para Session 7.30 am - 9.00am with Tim				18.00 - 19.30 Club Session 500m x 8 or if at regatta x 3 Big Lake
Friday	5th July	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome - if racing at regatta consider resting				Nottingham Sprint Regatta Bucket Practice from 6.00pm - 6.30pm NCC have 8 slots booked for bucket practice on the regatta lake		
Saturday	6th July	7.30 - 9.30 (4 x 1 min leads in groups of 4) x 8	10.00 - 12.00 Club Session Pyramid 15 on 15 off 30 on 30 off 1 on 1 off x 4 or 8			Nottingham Sprint Regatta Open & British, Paracanoe, Senior and Junior National Championships Selection for Senior Worlds		
Sunday	7th July	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower				Nottingham Sprint Regatta Open & British, Paracanoe, Senior and Junior National Championships Selection for Senior Worlds		
Monday	8th July						17.30 - 19.00 Paddle Little Lake Split 500m x 8	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	9th 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/826919636367 pwd=THkvVW5UeJvZmhSU0ZLRDdHVzViz09	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	10th 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 for Everyone 5K TT	
Thursday	11th July	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=THkvVW5UeJvZmhSU0ZLRDdHVzViz09	Para Session 7.30 am - 9.00am with Tim	6pm - 7pm Run from NCC With Andrea	18.00 - 19.30 Club Session 1000m x 8	
Friday	12th July	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome - if racing at Nationals consider resting						
Saturday	13th July	National Marathon Championships Reading K1 Matthew Lodge is marathon rep Enter here: https://entries.gbcanoemarathon.co.uk/entries		7.30 - 9.30 Paddle 9 x 1000m	10.00 - 12.00 50 seconds on 10 off x 3 x 3 Club Session			
Sunday	14th July	National Marathon Championships Reading K2 Matthew Lodge is marathon rep Enter here: https://entries.gbcanoemarathon.co.uk/entries		Chester Diva Quadrathlon				
Monday	15th July						17.30 - 19.00 Paddle 90 on 30 off x 3 x 3 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	16th 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/826919636367 pwd=THkVW5SUEJvZmhSU0ZLRDdHVzVIZz09	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	17th July	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				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	18th 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/826919636367 pwd=THkVW5SUEJvZmhSU0ZLRDdHVzVIZz09	Para Session 7.30 am - 9.00am with Tim		6pm - 7pm Run from NCC With Andrea	18.00 - 19.30 Club Session 500m x 12
Friday	19th July	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome	State Schools Break Up					
Saturday	20th July	7.30 am Mixed ability K4 3 on 2 off x 12	10.00 - 12.00 Paddle - Everyone welcome					
Sunday	21st July	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	Juniors Training Day 8.30am - 4.30pm Younger juniors 8.30am - 12.00 Games for the younger juniors. All bring Lunch and lots of kit for gym paddling two or three times					
Monday	22nd July	6.30am Paddle more experienced 15K CAP	6.30am Paddle				17.30 - 19.00 Paddle 600m x 6	17.00 - 19.00 Climbing - UEA with Dan 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	23rd July	6am-7.30am Gym Functional Exercises for Strength with Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5SUEJvZmhSU0ZLRDdHVzVIZz09	European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/			18.00 - 19.30 Club session More experienced 6 x 1500m starts with portage one way only
Wednesday	24th July	6.30am - 7.30 Juniors Gym TBC	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome		European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/		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	25th July	6am-7.30am Gym Functional Exercises for Strength with Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5SUEJvZmhSU0ZLRDdHVzVIZz09	European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/		6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 1000m x 8
Friday	26th July	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome TBC			European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/			
Saturday	27th July	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			European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/			
Sunday	28th July	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower			European Marathon Championships Poznan Poland Info is here https://ecamaraton.pl/			
Monday	29th 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 Dan 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 July	6am-7.30am Gym Functional Exercises for Strength with Tom	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5SUEJvZmhSU0ZLRDdHVzVIZz09				18.00 - 19.30 Club session K4, K2 and K1 14K Hare and Hounds
Wednesday	31st July	6.30am - 7.30 Juniors Gym TBC	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome				16.45 - 17.30 Core and More Gym With James All welcome	

Thursday	1st August	6am-7.30am Gym Functional Exercises for Strength with Tom	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us09web.zoom.us/j/828919638387?pwd=THkxVW5lUjVjZmhfSU0ZLRdtHVzVlZz09			6pm - 7pm Run from NCC With Emma	18.00 - 19.30 Club Session 500m x 8 Big Lake
Friday	2nd August	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome TBC						
Saturday	3rd August	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 Club Session	Descent of the Sella Spain Info is here: https://www.descensodelsella.com/?lang=en				
Sunday	4th August	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	9.00 Club Session Max Speed rolling into (15 seconds every 3 minutes x 6) x 3					
Monday	5th August	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle 1200m x 6 Round Footbridge	17.00 - 19.00 Climbing - UEA with Dan 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.
Wednesday	8th August	Juniors Training Day 8.30am - 4.30pm Younger juniors 8.30am - 12.00 Games for the younger juniors. All bring Lunch and lots of kit for gym paddling two or three times						

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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