

September 2024 Schedule

Saturday	31st August	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 Intervals.			Spanish Exchange with Paddlers in England		
Sunday	1st September	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower			Spanish Exchange with Paddlers in England		
Monday	2nd September	6.30am Paddle more experienced 15K CAP				17.30 - 19.00 Paddle 600m x 6	17.00 - 19.00 Climbing - UEA contact Tim or 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	3rd September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919836367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim		18.00 - 19.30 Club session 1500 m Race Starts with portage one way	
Wednesday	4th September	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 7.30 am - 8.30am contact Tim		16.45 - 17.30 Core and More Gym With James All welcome	17.30 - 19.00 Paddle for Everyone (1 min on 2 off x 3) x 2 or 3 or 4	
Thursday	5th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919836367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 500m x 8 Big Lake	
Friday	6th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	7th September	7.30 - 9.30 Split 2Ks (50 seconds on 10 seconds off) x 8 All x 6 2 mins rest between	10.00 - 12.00 Club Session Wash Hanging Groups		Nottingham Sprint Regatta McGregor Club Championships			
Sunday	8th September	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	9.30 Adults Technical (All welcome) contact Jan	Nottingham Sprint Regatta McGregor Club Championships			
Monday	9th September	6.30am Paddle more experienced 15K CAP				17.30 - 19.00 Paddle 200m Big Lake	17.00 - 19.00 Climbing - UEA contact Tim or 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	10th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919836367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim		18.00 - 19.30 Club Session 10K Race with portage at the Green on first two laps (Hasler Finals paddlers and crews practice opportunity)	
Wednesday	11th September	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 7.30 am - 8.30am contact Tim	16.30 Redwell Brewery and Pizza Staff coming for paddle. Free food for those who help!!! contact Tim	16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 19.00 Some members from Eagle Canoe Club might attend too Paddle for Everyone 1500m x 4	
Thursday	12th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	6.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919836367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 1000m x 8	
Friday	13th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	14th September	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 Sprints Club Session					

Sunday	15th September	8.30 am - 9am Core in gym - all welcome	9.30 Adults Technical (All welcome) contact Jan	9.30am - 5pm Core Coaching Course for Coach Award				
Monday	16th September	6.30am Paddle more experienced 15K CAP				17.30 - 19.00 Paddle Split 500m x 6 River	17.00 - 19.00 Climbing - UEA contact Tim or 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	17th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 15K CAP				18.00 - 19.30 Club session K4, K2 and K1 12K Hare and Hounds (Hasler Finals paddlers and crews practice opportunity)	
Wednesday	18th September	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome			World Marathon Championships - Croatia	16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 19.00 Paddle Warm up then 100m Races
Thursday	19th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 20K CAP			World Marathon Championships - Croatia	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 500m x 12
Friday	20th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim				World Marathon Championships - Croatia		
Saturday	21st September	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 Pyramid			World Marathon Championships - Croatia		
Sunday	22nd September	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower			World Marathon Championships - Croatia		
Monday	23rd September	6.30am Paddle more experienced 15K CAP	6.30am Paddle				17.30 - 19.00 Paddle 1200m x 4	17.00 - 19.00 Climbing - UEA contact Tim or 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	24th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim		18.00 - 19.30 Club session Big Lake 3 x 3K with a portage + 1 x 1000m mass start (Hasler Finals paddlers and crews practice opportunity)	
Wednesday	25th September	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 7.30 am - 8.30am contact Tim			16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 19.00 Paddle - River Technical drills in Groups Then 30s on 30s off x 5 (x 4)
Thursday	26th September	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh SU0ZLRDdHVzVIZz09	Para Session 7.30 am - 8.30am contact Tim		6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 1000m x 8
Friday	27th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	28th September	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 railway bridge closest to home	10.00 - 12.00 Paddle - Everyone welcome Intervals					
Sunday	29th September	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	9.30 Adults Technical (All welcome) contact Jan	9.30am - 5pm Core Coaching Course for Coach Award			

Monday	30th September	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle (80 seconds on 30 seconds off x 3) x 3	17.00 - 19.00 Climbing - UEA contact Tim or 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	1st October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/82691963636?pwd=THkxVW5lUjZmZSU0ZLRDdHVzVlZz09	Para Session 7.30 am - 8.30am contact Tim			18.00 - 19.30 Club session More experienced 6 x 1500m starts with portage one way (Hasler Finals paddlers and crews practice opportunity)
Wednesday	2nd October	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 7.30 am - 8.30am contact Tim			16.45 - 17.30 Core and More Gym With Tim and James All welcome	17.30 - 19.00 Paddle for Everyone 1, 2 or 3 x 3K (Round Island)
Thursday	3rd October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim or Tom W	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/82691963636?pwd=THkxVW5lUjZmZSU0ZLRDdHVzVlZz09	Para Session 7.30 am - 8.30am contact Tim		6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 500m x 8 Big Lake
Friday	4th October	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	5th October	7.30 - 9.30 Paddle 9 x 1000m	10.00 - 12.00 Club Session Wash Hanging Groups					
Sunday	6th October	Hasler Finals Richmond London Go Norwich!!						

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 Contact Jan	Gym For Seniors and Veterans Contact Andy Ross	Younger Juniors Games	Core 1 Gym More Experienced Contact James How and Tim	Core 2 for All Main Rom Contact Lisa Hayward Open to All	Courses or sessions run by the club for external paddlers
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