

October 2024 Schedule

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 12k - 3 min leads	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	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5UjEjZmhSU0ZLRDdHVzVlZz09	Para Session 7.00 am - 8.15am contact Tim			17.45 - 19.00 Club session More experienced 6 x 1500m starts (Hasler Finals paddlers and crews practice opportunity) prompt start - bring lights join when arrive
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 9.00am - 10.30 contact Tim	Para Session 11.30 - 12.30 contact Tim	Para Session 12.30 - 13.30 contact Tim	16.45 - 17.30 Core and More Gym Contact Tim and James All welcome	17.30 - 19.00 Paddle for Everyone Starts and turns Little Broad contact Matt Lodge
Thursday	3rd October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5UjEjZmhSU0ZLRDdHVzVlZz09	Para Session 7.00 am - 8.15am 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 Everyone welcome contact Tim		Para Session 9.00am - 10.30 contact Tim				
Saturday	5th October	7.30 - 9.30 Paddle 9 x 1000m (2 mins rest)	10.00 - 12.00 Club Session Wash Hanging Groups					
Sunday	6th October	Hasler Finals Richmond London Go Norwich!!!		9.30 Adults Technical (All welcome) contact Jan				
Monday	7th October						17.30 - 19.00 Paddle 1200 x 3 contact Matt Lodge	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	8th October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5UjEjZmhSU0ZLRDdHVzVlZz09	Para Session 7.00 am - 8.15am contact Tim			17.45 - 19.00 Club Session 3 x 3K round island 1) individual 2) pairs 3) groups prompt start - bring lights - join when arrive
Wednesday	9th 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 9.00am - 10.30 contact Tim	Para Session 11.30 - 12.30 contact Tim		16.45 - 17.30 Core and More Gym Contact Tim and James All welcome	17.30 - 18.30 Paddle for Everyone Little Lake Intervals contact Matt Lodge
Thursday	10th October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	6.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVW5UjEjZmhSU0ZLRDdHVzVlZz09	Para Session 7.00 am - 8.15am contact Tim		6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Club Session 1000m x 8 bring lights
Friday	11th October	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim		Para Session 9.00am - 10.30 contact Tim				
Saturday	12th October	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 Sprints Club Session					
Sunday	13th October	Chelmer Hasler https://entries.canoemarathon.org.uk/entries Chelmsford The first Hasler of 2025!!! Everyone can race! See Matt Lodge for more details		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	
Monday	14th October	6.30am Paddle more experienced 15K CAP					17.30 - 19.00 Paddle 300 x 3 x 3 Contact Matt Lodge	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	15th October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 15K CAP	Para Session 7.00 am - 8.15am contact Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=ThkVW5UeJvZmh5U0ZLRDdHVzVIZz09			17.45 - 19.00 Club session last Tuesday of the year 10K Race prompt start - bring lights - join when arrive
Wednesday	16th October	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 9.00am - 10.30 contact Tim	Para Session 11.30 - 12.30 contact Tim		16.45 - 17.30 Core and More Gym contact Tim and James All welcome	17.30 - 19.00 Paddle (last week of paddling) Warm up then 100m Races Little Lake contact Matt Lodge
Thursday	17th October	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 20K CAP	Para Session 7.00 am - 8.15am contact Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=ThkVW5UeJvZmh5U0ZLRDdHVzVIZz09		6pm - 7pm Run from NCC contact Andrea	17.00 - 18.30 Club Session 500m x 12 bring lights
Friday	18th October	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim						
Saturday	19th October	7.30am Mixed ability K4 3 on 2 off x 12 (2 or 3 mins rest)	10.00 - 12.00 Paddle - Everyone welcome Pyramid					
Sunday	20th October	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower					
Monday	21st October Activities Week	6.30am Paddle more experienced 15K CAP	6.30am Paddle				17.30 - 19.00 Paddle 500m x 6 Contact Matt Lodge	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	22nd October Activities Week	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=ThkVW5UeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.00 am - 8.15am contact Tim	17.45 - 19.00 Run! Contact Matt Lodge Many different ability groups Suitable for all members. Activities Week	19.00- 19.15 Corridor Stretch Contact Matt Parkes Open to All	19.00- 20.00 Circuit Gym Contact Andy Ross
Wednesday	23rd October Activities Week	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 9.00am - 10.30 contact Tim	Para Session 11.30 - 12.30 contact Tim	18.00- 19.00 Club Session Indoor hockey for everyone! With plastic sticks £2 Activities Week	17.15 - 19.15 Core 1 Gym Juniors one circuit More experienced 3 circuits Contact James and Tim	18.00 - 19.00 Core 2 Main Room Lisa Hayward style Core Open to All
Thursday	24th October Activities Week	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=ThkVW5UeJvZmh5U0ZLRDdHVzVIZz09	Para Session 7.00 am - 8.15am contact Tim	18.00 - 19.00 Club Session Golf at The Driving Range at Easton Activities Week Meet in foyer	6pm - 7pm Run from NCC contact Andrea	16.30 - 18.00 Club Session 1000m x 8 Bring Lights
Friday	25th October Activities Week	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim		Para Session 9.00am - 10.30 contact Tim		17.00 Climbing at HighBall Activities Week Parents needed to chaperone juniors and fill in forms		
Saturday	26th October Activities Week	7.30 - 9.30 Paddle 8 mins in Pairs	10.00 - 12.00 Paddle - Everyone welcome Technical first then Low stroke rate intervals					
Sunday	27th October CLOCKS CHANGE BACK ONE HOUR!!!	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		15.45-17.15 Swimming at UEA Activities Week -meet in foyer		
Monday	28th October Half Term	6.30am Paddle more experienced 15K CAP	Juniors Technical Morning and Games For all juniors - new and established! 9am - 12pm				Gym	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	29th October Half Term	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=ThkVW5UeJvZmh5U0ZLRDdHVzVIZz09			17.45 - 19.00 Run! Contact Matt Lodge Many different ability groups Suitable for all members.	19.00- 19.15 Corridor Stretch Contact Matt Parkes Open to All	19.00- 20.00 Circuit Gym Contact Andy Ross

Wednesday	30th October Half Term	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome					17.15 - 19.15 Core 1 Gym Juniors one circuit More experienced 3 circuits Contact James and Tim	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All
Thursday	31st October Half Term	7.30am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919536362 pwd=THkVW5SHUEhvZmb5 U0ZLFdDdHvZvYzZ08				6pm - 7pm Run from NCC contact Andrea	16.00 - 17.00 Club Session 1000m x 8 Bring Lights
Friday	1st November Half Term							
Saturday	2nd November Half Term	7.30 - 9.30 Paddle Races to Places K1 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 Club Session Wash Hanging Groups					
Sunday	3rd November Half Term	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				

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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