

November 2024 Schedule

Thursday	31st October Half Term	8.00am Paddle more experienced 20K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919636387 pwd=THkVvWSUJEvZmh5U0ZLRDdHVzVZz09			6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Gym Contact Tim	
Friday	1st November Half Term							
Saturday	2nd November Half Term	7.30 - 9.30 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 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	Bishop Stortford Winter Series 3 miles, 5 miles or 8 miles https://entries.canoemarathon.org.uk/entries/bishops-stortford-winter-series-marathon-u4Yvfv51			
Monday	4th November	6.30am Paddle more experienced 15K CAP			18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/828919636387 pwd=Gu3E8eM0P2zcxXh2LmN 8t8vG1z Meeting ID: 833 8555 4530 Passcode: 266995	17.30 - 19.00 Gym Contact Suzanne	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	5th November	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/828919636387 pwd=THkVvWSUJEvZmh5U0ZLRDdHVzVZz09	18.00 - 19.00 Run! 15 minutes out and 15 minutes back Contact Matt Lodge Many different ability groups. Suitable for all members	18.00 Night Paddle Trial Contact Tim	19.00 - 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	6th November	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	17.30 - 19.15 Core 1 Gym for Juniors and Seniors Contact James or Tim	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All	
Thursday	7th November	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/828919636387 pwd=THkVvWSUJEvZmh5U0ZLRDdHVzVZz09	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Gym and Technical Ergo Coaching Contact Tim	
Friday	8th November	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim						
Saturday	9th November	7.30 - 9.30 Paddle Hare and Hounds 12K Fastest Last	10.00 - 12.00 Paddle Pyramid (3-2-1-2-3) x 3 Everyone welcome		Mental Health Awareness Course run by 12th Man 13.30 at WBH - 18.00 Open to all kayakers and rowers, 16+. Focus is on Mens mental health but applicable to everyone. 20 spaces Contact Gary Smith			
Sunday	10th November	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 25K or 30K @ 65% Max heart rate or lower	Leighton Buzzard Remembrance Day Race 15 miles 3 portages https://entries.canoemarathon.org.uk/entries/lbcc-remembrance-day-race-bHBrdbUy				
Monday	11th November	6.30am Paddle more experienced 15K CAP			18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/828919636387 pwd=Gu3E8eM0P2zcxXh2LmN 8t8vG1z Meeting ID: 833 8555 4530 Passcode: 266995	17.30 - 19.00 Gym Contact Suzanne	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	12th November	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/828919636387 pwd=THkVvWSUJEvZmh5U0ZLRDdHVzVZz09	18.00 - 19.00 Run! 5K TT Contact Matt Lodge Many different ability groups. Suitable for all members	18.00 Night Paddle Trial Contact Tim	19.00 - 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	13th November	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	17.30 - 19.15 Core 1 Gym for Juniors and Seniors Contact James or Tim	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All	
Thursday	14th November	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/828919636387 pwd=THkVvWSUJEvZmh5U0ZLRDdHVzVZz09	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Gym and Technical Ergo Coaching Contact Tim	
Friday	15th November	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim						

Saturday	16th November	7.30 - 9.30 Paddle Pyramid 8 min, 4x1, 8min, 4x2, 8 min, 4x1, 8 min. The 8s at 10k/marathon cruise then 4s at 1000m pace, 2s, and 1s hard	7.30 Alternative Session 5K Time Trial. The rowers have invited us to this time trial. Arts and Crafts House on Hill to the New Cut Contact Tim for an entry slot	10.00 - 12.00 Paddle - Everyone welcome 5K Time Trial	10.30am - 12.30 End of Season Individual Reviews Last year we offered this for juniors and parents - this year its open to all members. Book a 30 min slot and have a chat about your training and what the Club can offer you to improve. More slots available in December. All ages from beginner to elite. Contact Tim	Annual NCC AGM 12.45 - main room WBH <u>All Members Welcome</u>		
Sunday	17th November	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	National Schools Kayak K2 Championships All Day Hawley Lake, Hampshire GU17 9LP 500m TT, 200m Knockout and Marathon	Maidstone Winter Series https://entries.canoemarathon.org.uk/entries		
Monday	18th November	6.30am Paddle more experienced 15K CAP			18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09 Meeting ID: 853 8555 4530 Passcode: 266995	17.30 - 19.00 Gym Contact Suzanne	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	19th November	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/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09	18.00 - 19.00 Run! Carrow Road Contact Matt Lodge Many different ability groups. Suitable for all members	18.00 Night Paddle Trial Contact Tim	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	20th November	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	17.45- 19.00 Hockey (UNIHOOC) Fram Sports Centre Open to All Juniors and Seniors! £2.00	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All	
Thursday	21st November	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/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Gym and Technical Ergo Coaching Contact Tim	
Friday	22nd November	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim					17.00 - 19.00 Bouldering - HIGHBALL contact Tim Book direct with Highball on Line - supervision required for those not signed off by Highball	
Saturday	23rd November	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 Paddle - Everyone welcome Intervals	Training Effectively Talk 10.30am Don't know the difference between VO2 max, acidic, CAP and threshold training? Then this is for you. An explanation of sessions so you have more knowledge as well as understanding different approaches to training for different body types Worth 10 CPD points for coaches contact Tim				
Sunday	24th November	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	Ross Warland Relay Challenge 20 mile or 10 mile or 5 mile legs Banbury contact Tom W			
Monday	25th November	6.30am Paddle more experienced 15K CAP			18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09 Meeting ID: 853 8555 4530 Passcode: 266995	17.30 - 19.00 Gym Contact Suzanne	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	26th November	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/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09	17.45 - 19.00 Run! Trowse Woods Whittingham Contact Matt Lodge Many different ability groups. Suitable for all members	18.00 Night Paddle Trial Contact Tim	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	27th November	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	17.30 - 19.15 Core 1 Gym for Juniors and Seniors Contact James or Tim	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All	
Thursday	28th November	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/828919638367 pwd=THkVW5SUEjvZmh5SU0ZLRDdHVzVZz09	6pm - 7pm Run from NCC contact Andrea	17.30 - 19.00 Gym and Technical Ergo Coaching Contact Tim	
Friday	29th November	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim			Awards Evening - 18.45 - 21.00 The annual NCC awards of the year evening The Norwich School Chapel The Close NR1 4DD All welcome - no charge. canapés followed by awards including guest speaker PUK Development Coach Scott Hyndes			
Saturday	30th November	7.30 - 9.30 Paddle 15 x 1000	10.00 - 12.00 Club Session Wash Hanging Groups	10.00 Wash Hanging Clinic Led by Scott Hyndes Big Broad		Mental Health Awareness 2 day course run by 12th Man 9.30 at WBH - 17.00 Open to all kayakers and rowers, 16+. Focus is on Mens mental health but applicable to everyone. 8 spaces no charge Contact Gary Smith		

Sunday	1st December	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	Cambridge Winter Series https://entries.canoemarathon.org.uk/entries		
Looking ahead!		Saturday 7th 17.45 The NCC Annual Christmas Total Wipeout! at Riverside Watch out for how to book on Facebook!					

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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