

March 2025 Schedule

Friday	28th February	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim					17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	
Saturday	1st March	7.30 - 9.30 Paddle Mixed Ability K4 3 on 2 off x 12 16k in total	10.00 - 12.00 Paddle - Everyone welcome session revealed on the day					
Sunday	2nd March	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced 20K or 30K @ 75% Max heart rate or lower	9.30 Adults Technical (All welcome) contact Jan	Surf Ski Paddlers Beginners Course Technical in the gym and then on the Little Broad Timing 11.15 - 2pm		Thameside 1 https://reading-canoes.org.uk/thamesides/Aldermaston/Reading	
Monday	3rd March	6.30 am-7.30am Gym Range of Movement and Agility Session contact Tim	6.30am Paddle more experienced 15K CAP			17.30 - 19.00 Gym Contact Tom Walker	18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09	17.00 - 19.00 Climbing - UEA contact Tim, Toby 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	4th March	6.30 am-7.30am Gym Range of Movement and Agility Session contact Tim	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09			18.00 - 19.00 Run! Hill Runs Contact Matt Lodge Many different ability groups. Suitable for all members	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	5th March	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 50K) Everyone welcome	Para Session 9.00am - 11.30 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	6th March	6.30 am-7.30am Gym Range of Movement and Agility Session contact Tim	9am Paddle more experienced 15K CAP with green portage Contact Tristian	6.45 am Core On line https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09				17.30 - 19.00 Gym Contact Adam
Friday	7th March	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim						17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All
Saturday	8th March	7.30 - 9.30 Paddle (30s on 30off x 5) x 6 plus paddleback	10.00 - 12.00 Paddle - Everyone welcome session revealed on the day					
Sunday	9th March	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced Portage Circuits by the Club practicing Long Portage	9.30 Adults Technical (All welcome) contact Jan	Waterside B https://www.newburycanoesclub.co.uk/waterside-series-home Newbury -Aldermaston - Newbury 18 miles			
Monday	10th March	Para Session 6.30 - 7.45 contact Darren and Shaun				17.30 - 19.00 Gym Contact Tom Walker	18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09	17.00 - 19.00 Climbing - UEA contact Tim, Toby 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	11th March	6.45 am Core On line https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09	6.15 am-7.00am Gym Range of Movement and Agility Session contact Tim	Para Session 6.30 - 7.45 contact Darren and Shaun			18.00 - 19.00 Run! 5K TT Contact Matt Lodge Many different ability groups. Suitable for all members	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	12th March	6.30am - 7.30 Juniors Gym contact Tristian	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 6.30 - 7.45 contact Darren and Shaun			17.45- 19.00 Hockey (UNIHOC) 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	13th March	6.45 am Core On line https://us05web.zoom.us/j/826919636362?pwd=THkxVW9SUUEjZmhtSU0ZLlR0dHlVZz09	6.15 am-7.00am Gym Range of Movement and Agility Session contact Tim	Para Session 6.30 - 7.45 contact Darren and Shaun		9am Paddle more experienced 15K CAP with green portage Contact Tristian		17.30 - 19.00 Gym Contact Adam
Friday	14th March	6.30am - 7.30 Juniors Gym contact Tristian						17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All
Saturday	15th March	7.30 - 9.30 Club Paddle 15 x 4 minutes	10.00 - 12.00 Paddle - Everyone welcome session revealed on the day	British University and Colleges Sprint Championships on Whittingham Lake run by NCC Please come along and help :-) contact Tim!				

Sunday	16th March	9.00 Club Session More Experienced 20K or 30K @ 75% Max heart rate or lower		British University and Colleges Sprint Championships on Whittingham Lake run by NCC Please come along and help :-) contact Tim!				
Monday	17th March	Para Session 6.30 - 7.45 contact Darren and Shaun				17.30 - 19.00 Gym Contact Tom Walker	18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/6382545402 pwd=5up8E8aMqPZ2uXh2LmHt88zYdL1	17.00 - 19.00 Climbing - UEA contact Toby 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	18th March	6.15 am-7.00am Gym Range of Movement and Agility Session contact Shaun	Para Session 6.30 - 7.45 contact Darren and Shaun	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/628919636362 pwd=ThkVW5UeUjZmh5U0ZL8DdRtVzZ09	17.30 - 18.45 Paddle - Everyone welcome 1200m - around the foot bridge - joint when you arrive	18.00 - 19.00 Run! 15 minutes out and 15 minutes back Contact Matt Lodge Many different ability groups. Suitable for all members	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	19th March	6.30am - 7.30 Juniors Gym contact Tristan	Para Session 6.30 - 7.45 contact Darren and Shaun	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome			17.30 - 18.45 Paddling Small Lake contact Matthew Lodge	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All
Thursday	20th March	6.15 am-7.00am Gym Range of Movement and Agility Session contact Shaun	Para Session 6.30 - 7.45 contact Darren and Shaun	9am Paddle more experienced 15K CAP with green portage Contact Tristan	6.45 am Core On line https://us05web.zoom.us/j/628919636362 pwd=ThkVW5UeUjZmh5U0ZL8DdRtVzZ09			17.30 - 19.00 Gym Contact Adam
Friday	21st March	6.30am - 7.30 Juniors Gym contact Tristan						17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All
Saturday	22nd March	7.30 - 9.30 Paddle 1 min leads in groups of 4 x 8 plus paddle back	10.00 - 12.00 Paddle - Everyone welcome session revealed on the day					
Sunday	23rd March	8.30 am - 9am Core in gym - all welcome	9.00 Club Session More Experienced Portage Circuits by the Club practicing Long Portage	9.30 Adults Technical (All welcome) contact Jan	Waterside C https://www.newburycanooclub.co.uk/waterside-series-homs Pewsey Warf to Newbury (point to point) 23 miles			
Monday	24th March	6.30 am-7.30am Gym Range of Movement and Agility Session contact Tim	Para Session 7.00 am - 8.15am contact Tim			17.30 - 19.00 Gym Contact Tom Walker	18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/6382545402 pwd=5up8E8aMqPZ2uXh2LmHt88zYdL1	17.00 - 19.00 Climbing - UEA contact Tim, Toby 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	25th March	6.15 am-7.00am Gym Range of Movement and Agility Session contact Tim	7.30am Paddle more experienced 15K CAP	6.45 am Core On line https://us05web.zoom.us/j/628919636362 pwd=ThkVW5UeUjZmh5U0ZL8DdRtVzZ09	Para Session 7.00am - 8am Little Broad contact Tim	17.30 - 18.45 Paddle - Everyone welcome 1200m - around the foot bridge - joint when you arrive	18.00 - 19.00 Run! Carrow Road Contact Matt Lodge Many different ability groups. Suitable for all members	19.00- 20.00 Circuit Gym With Andy Ross / Nick Taylor / Alan Epps
Wednesday	26th March	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				17.30 - 18.45 Paddling Small Lake contact Matthew Lodge	18.00 - 19.00 Core 2 Main Room With Lisa Hayward Open to All
Thursday	27th March	6.15 am-7.00am Gym Range of Movement and Agility Session contact Tim	9am Paddle more experienced 15K CAP with green portage Contact Tristan	6.45 am Core On line https://us05web.zoom.us/j/628919636362 pwd=ThkVW5UeUjZmh5U0ZL8DdRtVzZ09	Para Session 7.00am - 8am Little Broad contact Tim			17.30 - 19.00 Gym Contact Adam
Friday	28th March	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim	Para Session 7.00 am - 8.15am contact Tim					17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All
Saturday	29th March	7.30 - 9.30 Paddle 8 minutes in pairs	10.00 - 12.00 Paddle - Everyone welcome session revealed on the day	Marathon Assessment Race Norwich Races from 12.30 Help needed! If you can help please let Tim know.				
Sunday	30th March - CLOCKS CHANGE! One hour forwards!			Cambridge Marathon Hasler EVERYONE can race!!! Enter here: https://entries.gbcanoemarathon.co.uk/entries				
Monday	31st March	6am-7.30am Gym Functional Exercises for Strength or Flexibility Session contact Tim	Para Session 7.00 am - 8.15am contact Tim			17.30 - 19.00 Paddle Contact Tom Walker	18.00 Stretch + Balance Zoom with Jan https://us05web.zoom.us/j/6382545402 pwd=5up8E8aMqPZ2uXh2LmHt88zYdL1	17.00 - 19.00 Climbing - UEA contact Tim, Toby 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.

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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