

June 2025 Schedule

Friday	30th May Half term	9am - 10am Paddle Technical session Everyone welcome						
Saturday	31st May	7.30 - 9.30 Paddle Not a Pyramid 8-8-6-6-4-4-2-2-1-1-8-8 1 or 2 mins rest	10.00 - 12.00 Paddle - Everyone welcome <small>session revealed on the day</small>	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique	Nottingham Sprint Regatta <small>Open &amp; British Masters National Sprint Racing Championships Regatta, including Under 23 and Junior selections</small>			
Sunday	1st June	9.30 Adults Technical (All welcome) contact Jan			Nottingham Sprint Regatta <small>Open &amp; British Masters National Sprint Racing Championships Regatta, including Under 23 and Junior selections</small>			
Monday	2nd June						17.30 - 19.00 Paddle 1200 x 6	17.30 - 19.00 Paddle 5 x 12 seconds every 2 mins 5 x 18 seconds every 3 mins 5 x 24 seconds every 4 mins
Tuesday	3rd June	6.45 am Core On line <a href="https://us05web.zoom.us/j/826819636367">https://us05web.zoom.us/j/826819636367</a> pwd=THkvVWSUeJvZmh5 U0ZLRDdHVzVZz09						18.00 - 19.30 Club Session 10K Race
Wednesday	4th June	6.30am - 7.30 Juniors Gym <small>contact Martha and Jon B</small>	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	SUP Yoga 11.00 contact Jan A				17.30 - 19.00 Paddle Sprint Little Lake
Thursday	5th June	6.45 am Core On line <a href="https://us05web.zoom.us/j/826819636367">https://us05web.zoom.us/j/826819636367</a> pwd=THkvVWSUeJvZmh5 U0ZLRDdHVzVZz09					17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 500m x 12 Big Lake
Friday	6th June	6.30am - 7.30am Paddle Technical session Everyone welcome <small>contact Martha and Jon B - run by Charlie</small>						
Saturday	7th June	7.30 - 9.30 Paddle Mixed Ability K4 3 on 2 off x 12 16k in total	10.00 - 12.00 Paddle - Everyone welcome <small>session revealed on the day</small>	10.00 - 11am Deep Water Rescues with Dyson	12.00 - 1pm pm Deep Water Rescues with Dyson			
Sunday	8th June	9.00 Club Session 16K with portages						
Monday	9th June						17.30 - 19.00 Paddle 15 seconds every 4 minutes x 10	17.30 - 19.00 Paddle 5 x 12 seconds every 2 mins 5 x 18 seconds every 3 mins 5 x 24 seconds every 4 mins
Tuesday	10th June	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line <a href="https://us05web.zoom.us/j/826819636367">https://us05web.zoom.us/j/826819636367</a> pwd=THkvVWSUeJvZmh5 U0ZLRDdHVzVZz09	Para Technical Paddle Session 6.30 am - 8am All welcome - small lake contact Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session 4 x 3K Round Island
Wednesday	11th June	6.30am - 7.30 Juniors Gym	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Sessions 9.00am - 11.30 contact Tim				17.30 - 19.00 Paddle Races to Places
Thursday	12th June	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line <a href="https://us05web.zoom.us/j/826819636367">https://us05web.zoom.us/j/826819636367</a> pwd=THkvVWSUeJvZmh5 U0ZLRDdHVzVZz09	Para Session 6.30 am -8.00 am with Tim		17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 1000m x 8	18.30 - 19.30 Coaching Meeting All coaches and group leaders welcome
Friday	13th June	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						

Saturday	14th June	7.30 - 9.30 Club Paddle 15 x 4 minutes	10.00 - 12.00 Paddle - Everyone welcome <small>session revealed on the day</small>	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique				
Sunday	15th June	9.00 Club Session 16K with portages	Leighton Buzzard Marathon Hasler Enter here: <a href="https://entries.gbcanoamarathon.co.uk/entries">https://entries.gbcanoamarathon.co.uk/entries</a>					
Monday	16th June							17.30 - 19.00 25K Z2
Tuesday	17th June	6am-7.30am Gym Functional Exercises for Strength with Tom	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THKvVWSUEJvZmh5 UQZLRDdHVzVZz09	Para Technical Paddle Session 6.30 am - 8am All welcome - small lake contact Tim			17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club session More experienced 6 x 1500m starts
Wednesday	18th June	6.30am - 7.30 Juniors Gym	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Sessions 9.00am - 11.30 contact Tim				17.30 - 19.00 Paddle Pyramid 4,4,2,2,1,1
Thursday	19th June	6am-7.30am Gym Functional Exercises for Strength with Tom	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THKvVWSUEJvZmh5 UQZLRDdHVzVZz09	Para Session 6.30 am -8.00 am with Tim			17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 500m x 10 Big Lake
Friday	20th June	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						
Saturday	21st June	7.30 - 9.45 Paddle More experienced (4 x 1 minute leads) in groups of 4 x 10 plus paddle-back	10.00 - 12.00 Club Session for everyone Turns and Race Starts	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique				
Sunday	22nd June	9.30 Adults Technical (All welcome) contact Jan	9.00 Club Session 16K with portages	(Norwich TRI Triathlon - Whittingham Country Park)				
Monday	23rd June					17.30 - 19.00 Paddle 300 x 3 x 3	SUP Yoga 18.00 contact Jan A	17.30 - 19.00 Paddle- Bungee (15 seconds every 3 mins x 6) x 2
Tuesday	24th June	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THKvVWSUEJvZmh5 UQZLRDdHVzVZz09	NCC Stand at Norfolk Show Set Up In the afternoon Help required.				17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 20.00 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
Wednesday	25th June	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	NCC Stand at Norfolk Show Help required		SUP Yoga 11.00 contact Jan A			17.30 - 19.00 Paddle 5K TT
Thursday	26th June	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THKvVWSUEJvZmh5 UQZLRDdHVzVZz09	NCC Stand at Norfolk Show Help required (Strike at end of the day)				17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 1000m x 8
Friday	27th June	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						

Saturday	28th June	7.30 - 9.30 Paddle 8 minutes in pairs (2 minute leads x 2 each)	10.00 - 12.00 Club Session Session announced on the Day	11.15 Juniors Gym 70 x Pull Ups 20 x (light) deadlift learning good technique				
Sunday	29th June	9.00 Club Session 16K with portages	Bishop Stortford Marathon Hasler Enter here: <a href="https://entries.gbcanoeamrathon.co.uk/entries">https://entries.gbcanoeamrathon.co.uk/entries</a>		9.30 Adults Technical (All welcome) contact Jan			
Monday	30th June	6.30am Paddle more experienced 15K CAP				17.30 - 19.00 Paddle 600m x 6	17.30 - 19.00 Paddle 5 x 12 seconds every 2 mins 5 x 18 seconds every 3 mins 5 x 24 seconds every 4 mins	
Tuesday	1st July	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJyZmh5U0ZLRDdHVzVlZz09">https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJyZmh5U0ZLRDdHVzVlZz09</a>				17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session 4 x 3K plus 1 x 1000m with a turn Big Lake	
Wednesday	2nd July	6.30am - 7.30 Juniors Gym contact Martha and Jon B	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome				17.30 - 19.00 Paddle TBC	
Thursday	3rd July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJyZmh5U0ZLRDdHVzVlZz09">https://us05web.zoom.us/j/82691963636?pwd=THkxVW5tUEJyZmh5U0ZLRDdHVzVlZz09</a>	Para Session 6.30 am -8.00 am with Tim		17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 500m x 10 Big Lake	
Saturday and Sunday	26th and 27th July	National Marathon Championships Norwich Everyone can race!!! K1 Saturday and K2 Sunday We are looking for 100 plus people entering from the Club!!						

#### 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	Younger Juniors Games	Core 1 Gym More Experienced	Core 2 for All Main Room With Lisa Hayward Open to All	Courses or sessions run by the club for external paddlers
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