

July 2025 Schedule

Friday	27th June	9am - 10am Paddle Technical session Everyone welcome					
Saturday	28th June	7.30 - 9.30 Paddle 8 minutes in pairs x 8 (2 minute leads x 2 each)	10.00 - 12.00 Club Session Session announced on the Day				
Sunday	29th June	9.00 Club Session 16K or 22K CAP with portages	Bishop Stortford Marathon Hasler Enter here: https://entries.gbcanoemarathon.co.uk/entries		9.30 Adults Technical (All welcome) contact Jan		
Monday	30th June					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 https://us05web.zoom.us/j/826919636367 pwd=THkvVWSlUEJvZmh5U0ZLRDdHVzVlZz09				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	SUP Yoga 11.00 contact Jan A			17.30 - 19.00 Club Session Session announced on the Day
Thursday	3rd July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSlUEJvZmh5U0ZLRDdHVzVlZz09	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	4th July	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim					
Saturday	5th July	7.30 - 9.30 Paddle Mixed Ability K4 including Under 14 boys K4 3 on 2 off x 12 16k in total	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day				
Sunday	6th July	9.00 Club Session 16K or 22K CAP with portages	9.30 Adults Technical (All welcome) contact Jan				
Monday	7th July				SUP Yoga 18.00 contact Jan A	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	8th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSlUEJvZmh5U0ZLRDdHVzVlZz09	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 Mixed Ability K2 1500m Race Starts Afterwards Matthews 30th birthday BBQ. Everyone welcome. Bring your own food and drink.
Wednesday	9th July	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	SUP Yoga 11.00 contact Jan A		17.30 - 19.00 Paddle Club Session Session announced on the Day
Thursday	10th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSlUEJvZmh5U0ZLRDdHVzVlZz09	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
Friday	11th July	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome					

Saturday	12th July	7.30 - 9.30 Club Paddle 15 x 4 minutes	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day					
Sunday	13th July	9.00 Club Session 16K or 22K CAP with portages	9.30 Adults Technical (All welcome) contact Jan					
Monday	14th July					SUP Yoga 18.00 contact Jan A	17.30 - 19.00 25K Z2	
Tuesday	15th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5tUEJvZmh5 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 including portage on green on way down.	
Wednesday	16th July	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	SUP Yoga 11.00 contact Jan A		17.30 - 19.00 Paddle Club Session Session announced on the Day	
Thursday	17th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5tUEJvZmh5 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	18th July	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						
Saturday	19th July	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 Club Session Session announced on the Day					
Sunday	20th July	9.00 Club Session 16K or 22K CAP with portages	9.30 Adults Technical (All welcome) contact Jan					
Monday	21st July	AM Paddle 5 x 12 seconds every 2 mins 5 x 18 seconds every 3 mins 5 x 24 seconds every 4 mins				17.30 - 19.00 Paddle 300 x 3 x 3	17.30 - 19.00 Paddle- Bungee (15 seconds every 3 mins x 6) x 2	
Tuesday	22nd July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5tUEJvZmh5 UQZLRDdHVzVZz09	Para Technical Paddle Session 6.30 am - 8am All welcome - small lake contact Tim	AM Paddle small / medium bungee (4 x 45 seconds on 45 seconds off) x 4 Take off bungee for last set	17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club session More experienced 3 x Round Island - then to Club and Club Portage 4 - 8 mins rest	
Wednesday	23rd July	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	AM Paddle 15K CAP with portages and 3 x split 1000m (150m Max, 200m sustainable but hard, 50m max, 200 sustainable but hard, 50m max, 200 sustainable but hard, 150max)		17.30 - 19.00 Paddle Club Session Session announced on the Day	
Thursday	24th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5tUEJvZmh5 UQZLRDdHVzVZz09	Para Session 6.30 am -8.00 am with Tim	AM Paddle 5 x 12 seconds every 2 mins 5 x 18 seconds every 3 mins 5 x 24 seconds every 4 mins	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	18.00 - 19.30 Club Session 1000m x 8	
Friday	25th July	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						
Saturday	26th July	National Marathon Championships Norwich Everyone can race!!! K1 Saturday and K2 Sunday We are looking for 100 plus people entering from the Club!!						

Sunday	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!!						
Monday	28th July						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	29th July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/828919638392 pwd=THKvVW5tUEJvZmh5 UQZLRdHVzYzZ09	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 plus 1 x 1000m with a turn Big Lake
Wednesday	30th July	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	SUP Yoga 11.00 contact Jan A			17.30 - 19.00 Paddle Club Session Session announced on the Day
Thursday	31st July	6am-7.30am Gym Functional Exercises for Strength with Tim	6.45 am Core On line https://us05web.zoom.us/j/828919638392 pwd=THKvVW5tUEJvZmh5 UQZLRdHVzYzZ09	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	1st August	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome						
Saturday	2nd August	7.30 - 9.30 Races to Places K1 (or K2)	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day					
Sunday	3rd August	9.00 Club Session 16K or 22K CAP with portages						

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 Rom With Lisa Hayward Open to All	Courses or sessions run by the club for external paddlers
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