

September 2025 Schedule

Thursday	28th August	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636362">https://us05web.zoom.us/j/826919636362</a> pwd=THkvVWSUeJvZmh5 UOZLRDdHVzVIZz09	9am - 12 <b>Juniors Training Morning Gym and Beach Training on Big Lake</b> All ages welcome	Para Session 6.00 am -8.30 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	5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake
Friday	29th August	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact I'm			Beach Day organised by RNLI Southwold Beach For under 13s Kayak / Paddleboard / Swim / Run Just do one - or do all 4! Relays too!			
Saturday	30th August	7.30 - 9.30 Paddle More experienced Mixed ability K4 3 mins on 2 off x 10	8.30 - 10.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session announced on the Day	Beach Day organised by RNLI Southwold Beach Juniors/Seniors and Masters! Paddleboard / Swim / Run Just do one - or do all 3! Relays too!			
Sunday	31st August	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info			Beach Day organised by RNLI Southwold Beach Juniors/Seniors and Masters! Kayak / Paddleboard / Swim / Run Just do one - or do all 4! Relays too!			
Monday	1st September	6.30am Paddle more experienced	Para Session 6.30 am -8.30 am with Tim					17.30 - 19.00 Paddle More Experienced
Tuesday	2nd September	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636362">https://us05web.zoom.us/j/826919636362</a> pwd=THkvVWSUeJvZmh5 UOZLRDdHVzVIZz09				17.15 - 18.00 Run! Round Big Lake Suitable for all members	18.00 - 19.30 Club Session Races to places K1 or K2
Wednesday	3rd September	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome				17.30 - 19.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	17.30 - 19.00 Paddle Club Session announced on the Day
Thursday	4th September	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636362">https://us05web.zoom.us/j/826919636362</a> pwd=THkvVWSUeJvZmh5 UOZLRDdHVzVIZz09				17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	17.30 - 19.00 Club Session 500m x 12
Friday	5th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tristan						
Saturday	6th September	7.30 - 9.30 8 minutes in pairs x 6 or 8 (2 min leads) with 2 mins rest	8.30 - 10.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session announced on the Day	Nottingham Sprint Regatta McGregor Club Championships			
Sunday	7th September	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info			Nottingham Sprint Regatta McGregor Club Championships			
Monday	8th September	6.30am Paddle more experienced						17.30 - 19.00 Paddle More Experienced
Tuesday	9th September	Para Session 6.30 am -8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636362">https://us05web.zoom.us/j/826919636362</a> pwd=THkvVWSUeJvZmh5 SUOZLRDdHVzVIZz09				18.00 - 19.30 Club Session 10K Race with portage at the Green on first two laps (Faster Finals paddlers and crews practice opportunity)
Wednesday	10th September	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 9am - 10.30 contact Tim			17.30 - 19.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	17.30 - 19.00 Paddle Club Session announced on the Day

Thursday	11th September	Para Session 6.30 am - 8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkvVW5UeJvZmh SUZLRDdHvZvZz09	17:30-19:30 <b>Learn to kayak course</b> (for adults only) 11th September, 18th September and 25th September	5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	17.30 - 19.00 Club Session 1000m x 8
Friday	12th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	13th September	7.30 - 9.30 Paddle 15 x 4 mins	8.30 - 10.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	11.00 SUP Yoga Contact Jan A	12:00-14:00 <b>Learn to kayak course</b> (for adults and juniors) 13th September, 20th September and 27th September		
Sunday	14th September	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	15th September	6.30am Paddle more experienced						17.30 - 19.00 Paddle More Experienced
Tuesday	16th September	Para Session 6.30 am - 8.30 am with Tim	Core online <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkvVW5UeJvZmh5 UOZLRDdHvZvZz09	6.30am Paddle more experienced				18.00 - 19.30 Club session 1500m race starts x 6 (Hasler Finals paddlers and crews practice opportunity)
Wednesday	17th September	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				17.30 - 19.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	17.30 - 19.00 Paddle Club Session Session announced on the Day
Thursday	18th September	Para Session 6.30 am - 8.30 am with Tim	Core online <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkvVW5UeJvZmh5 UOZLRDdHvZvZz09	6.30am Paddle more experienced	17:30-19:30 <b>Learn to kayak course</b> (for adults only) 11th September, 18th September and 25th September	5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	17.30 - 19.00 Club Session 500m x 12
Friday	19th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	20th September	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	8.30 - 10.00 Just Paddle Club Session contact Tammy open to competent adults who wish to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	11.00 SUP Yoga Contact Jan A	12:00-14:00 <b>Learn to kayak course</b> (for adults and juniors) 13th September, 20th September and 27th September		
Sunday	21st September	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	22nd September	6.30am Paddle more experienced						17.30 - 19.00 Paddle More Experienced
Tuesday	23rd September	Para Session 6.30 am - 8.30 am with Tim		6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkvVW5UeJvZmh SUZLRDdHvZvZz09				18.00 - 19.30 Club session Big Lake 3 x 3K with a portage + 1 x 1000m mass start (Hasler Finals paddlers and crews practice opportunity)
Wednesday	24th September	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 9am - 10.30 contact Tim			17.30 - 19.00 Just Paddle Club Session contact Tammy  open to anyone who wants to simply paddle	17.30 - 19.00 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	25th September	Para Session 6.30 am - 8.30 am with Tim		6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkvVW5UeJvZmh SUZLRDdHvZvZz09	17:30-19:30 <b>Learn to kayak course</b> (for adults only) 11th September, 18th September and 25th September	5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	17.30 - 19.00 Club Session 1000m x 8

Friday	26th September	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	27th September	7.30 - 9.30 Paddle Races to Places Mixed Ability K2 including Hasler Finals Crews 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	8.30 - 10.00 Just Paddle Club Session contact Tammy  open to anyone who wants to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	11.00 SUP Yoga Contact Jan A	12:00-14:00 Learn to kayak course (for adults and juniors) 13th September, 20th September and 27th September		
Sunday	28th September	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	29th September	6.30am Paddle more experienced						17.30 - 19.00 Paddle More Experienced
Tuesday	30th September	Para Session 6.30 am - 8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> <a href="pwd=THkxVW5lUeJhZmhSU0ZLRDdHVzVlZz09">pwd=THkxVW5lUeJhZmhSU0ZLRDdHVzVlZz09</a>				18.00 - 19.30 Club session More experienced 6 x 1500m starts with portage one way (Hasler Finals paddlers and crews practice opportunity)
Wednesday	1st 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 am - 10.30am contact Tim			17.30 - 19.00 Just Paddle Club Session contact Tammy  open to anyone who wants to simply paddle	17.30 - 19.00 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	2nd October	Para Session 6.30 am - 8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> <a href="pwd=THkxVW5lUeJhZmhSU0ZLRDdHVzVlZz09">pwd=THkxVW5lUeJhZmhSU0ZLRDdHVzVlZz09</a>		5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	17.30 - 19.00 Club Session 500m x 8 Big Lake
Friday	3rd October	6.30am - 7.30am Paddle Technical session on River at front of Club house Everyone welcome contact Tim						
Saturday	4th October	7.30 - 9.30 Paddle 9 x 1000m	8.30 - 10.00 Just Paddle Club Session contact Tammy  open to anyone who wants to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day				
Sunday	5th October	Hasler Finals Worcester Go Norwich!!						
Monday	6th October	Rest						

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
---	---	--	-------------------------------------	---------------	--------------------------------------	----------------------

Colour Code Continued

Intermediate adults paddle	Races	Special Events	International Races that require selection	International Club Trips	Actions (off water)	Social Paddles
----------------------------	-------	----------------	--	--------------------------	---------------------	----------------

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
----------------	---------------------------	------------------------------	-----------------------	-----------------------------	---	---