

January 2026 Schedule

Thursday	1st January	10.30am - 12.30 Paddle Everyone welcome	Para Session 12 Midday with Tim					
Friday	2nd January	9 - 12.30 Juniors Training Morning						
Saturday	3rd January	7.30 - 9.30 6.30am 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	10.00 - 12.00 Top Group On the Water 10.15 Not a Pyramid 8-6-6-4-4-2-2-1-1-8 1 or 2 mins rest				
Sunday	4th January	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	Frank Luzmore K2 Elmbridge to Richmond. A classic point to point race in K2. Junior / Mixed / Senior and Divisional Starts		1000-1100 Stretch and Balance with Jan A In the Gym All club members welcome			
Monday	5th January	6.00am Gym More experienced						17.00 - 19.00 Paddle Juniors K2 Contact Tim Bring Lights!
Tuesday	6th January	Para Session 6.30 am -8.30 am with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 U0ZLRDdHVzVIZz09		Ready to Run at 18.00 -18.50 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! 5K Time Trial Elite and Intermediate Runners Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross	
Wednesday	7th January	6.00am Gym More experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 9 am -10.30 am with Tim		16.45- 18.00 Hockey (UNIHO) Fram Sports Centre Open to all Juniors and Seniors! £2.00	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All
Thursday	8th January	6.00 Paddle more experienced	Para Session 6.30 am - 8.30 am with Tim		6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5U 0ZLRDdHVzVIZz09			17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	9th January	6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	10th January	7.30 - 9.30 Paddle More experienced (4 on 1 off, 1 on 1 off) x 8	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group On the Water 10.15 4 on 1 off x 7				
Sunday	11th January	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	1000-1100 Stretch and Balance with Jan A In the Gym All club members welcome					
Monday	12th January	6.00am Gym More experienced						17.00 - 19.00 Paddle Juniors K2 Contact Tim Bring Lights!
Tuesday	13th January	Para Session 6.30 am -8.30 am with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 U0ZLRDdHVzVIZz09		Ready to Run at 18.00 -18.50 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! Sainsbury's Elite and Intermediate Runners Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross	
Wednesday	14th January	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 9 am - 10.30 with Tim	17.00- 18.00 Core gym + Ergo Races and technique suitable for everyone. All ages and abilities welcome! Main Room At NCC	17.00- 18.00 Core 1 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward Core Gym Open to All	18.00 - 19.00 Friendship Evening Paddlers and Families Bring Picnic dinner We'll give a little talk
Thursday	15th January	Para Session 6.30 am -8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh 5U0ZLRDdHVzVIZz09				17.30 - 18.30 Pilates Gym with Eli Hayward Open to All

Friday	16th January	6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	17th January	7.30 - 9.30 Paddle Mixed Ability K2 Races to Places 12k in total	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group On the Water 10.15 Race To Places - all this group welcome at 7.30 session on this day				
Sunday	18th January	9am For Anyone Racing April Nottingham 500m TT - Big Lake 20 minutes warm up Then 3 x 500m with 7 minutes rest between. Time each effort. If windy do one with the wind and one against and then make a choice on last effort. After 9k around lake. Stay off the leash - concentrate on good catch.	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	1000-1100 Stretch and Balance with Jan A In the Gym All club members welcome				
Monday	19th January	6.00am Gym More experienced					17.00 - 18.30 Paddle Juniors K2 Contact Tim Bring Lights!	
Tuesday	20th January	Para Session 6.30 am - 8.30 am with Tim	Core online https://us05web.zoom.us/j/826919636367 pwd=THkVWWSUEjvZmh5 UOZLRDdHVzVZz09	6.30am Paddle more experienced		Ready to Run at 18.00 - 18.50 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! Carrow Road Start in the country side and through city Elite and Intermediate Runners Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	21st January	6.00am Gym More experienced	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 am - 10.30 am with Tim	17.00- 18.00 Core gym + Ergo Races and technique suitable for everyone. All ages and abilities welcome!	17.00- 18.00 Core 1 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All
Thursday	22nd January	Core online https://us05web.zoom.us/j/826919636367 pwd=THkVWWSUEjvZmh5 UOZLRDdHVzVZz09	6.30am Paddle more experienced - contact a coach if you'd like more info	Para Session 6.30 am - 8.30 am with Tim				17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	23rd January	6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	24th January	7.30 - 9.30 Paddle 8 mins in Pairs x 6 2 min leads (with 2mins rest) + paddleback for top groups	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group On the Water 10.15 8 mins in pairs x 6 1 or 2 mins rest				
Sunday	25th January	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	1000-1100 Stretch and Balance with Jan A In the Gym All club members welcome	Long Paddle (20K) From Rockland back to the Club - Open to mixed abilities if you can do the distance! Trailer leaves at 9am				
Monday	26th January	6.00am Gym More experienced						17.30 - 18.30 Paddle Juniors K2 Contact Tim Bring Lights!
Tuesday	27th January	Para Session 6.30 am - 8.30 am with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkVWWSUEjvZmh5 UOZLRDdHVzVZz09			Ready to Run at 18.00 - 18.50 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! Trowse Hill Elite and Intermediate Runners Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	28th January	6.00am Gym More experienced	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	17.00- 18.00 Core gym + Ergo Races and technique suitable for everyone. All ages and abilities welcome! Main Room At NCC	17.00- 18.00 Core 1 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward Core Gym Open to All
Thursday	29th January	Core online https://us05web.zoom.us/j/826919636367 pwd=THkVWWSUEjvZmh5 UOZLRDdHVzVZz09	6.30am Paddle more experienced - contact a coach if you'd like more info		NCC Cross Country Ski Camp - Germany			17.30 - 18.30 Pilates Gym with Eli Hayward Open to All

Friday	30th January	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan			NCC Cross Country Ski Camp - Germany			
Saturday	31st January	7.30 - 9.30 Paddle 12K Hare and Hounds	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group On the Water 10.15 Hare and Hounds (Some K2s)	NCC Cross Country Ski Camp - Germany			
Sunday	1st February	9am For Anyone Racing April Nottingham 500m TT - Big Lake 20 minutes warm up Then 3 x 500m with 7 minutes rest between. Time each effort. If windy do one with the wind and one against and then make a choice on last effort. After 9K around lake. Stay off the wash - concentrate on good catch.	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	1000-1100 Stretch and Balance with Jan A In the Gym All club members welcome	NCC Cross Country Ski Camp - Germany			
Monday	2nd February	6.30am Paddle more experienced			NCC Cross Country Ski Camp - Germany			17.00 - 19.00 Paddle Juniors K2 Contact Tim Bring Lights!
Tuesday	3rd February	6.30am Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/828919638392 pwd=ThKvVW5UEjvZmh5 UQZLRDdHYzVz09		NCC Cross Country Ski Camp - Germany	Ready to Run at 18.00 -18.50 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! Snakes and Ladders Elite and Intermediate Runners Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	4th February	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid (or 20K) 8-9-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 am - 10.30am contact Tim				

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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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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