

March 2026 Schedule

Thursday	26th Feb	6.00 Paddle more experienced						17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	27th Feb	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan						
Saturday	28th Feb	7.30 - 9.30 6.30am Paddle Half A Pyramid in Pairs 8-8-6-6-4-4-2-2-1-1-8 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 8-8-6-6-4-4-2-2-1-1-8 1 or 2 mins rest				
Sunday	1st March	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	2nd March	6.00 Gym more experienced						6.00 Paddle more experienced
Tuesday	3rd March	6.00 Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919638362">https://us05web.zoom.us/j/826919638362</a> pwd=THkVW5tUEhVZmh5 U0ZLRDdHVzVzZ09			Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! 5K Time Trial Elite and Fast Intermediate Runners Only Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	4th March	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome			17.00- 18.00 Core 1 Gym core for senior and juniors Last Wed gym of the year! contact Gemma Bugden	18.00 - 19.00 Core 2 Lisa Hayward Core Main Room Open to All
Thursday	5th March	6.00 Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919638362">https://us05web.zoom.us/j/826919638362</a> pwd=THkVW5tUEhVZmh5 U0ZLRDdHVzVzZ09					17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	6th March	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	7th March	7.30 - 9.30 Paddle Groups of 4. 4 x 1min leads x 10 plus paddle back	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 x 1min leads x 8				
Sunday	8th March	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info						
Monday	9th March	6.00am Gym More experienced						6.00 Paddle more experienced
Tuesday	10th March	6.00 Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/826919638362">https://us05web.zoom.us/j/826919638362</a> pwd=THkVW5tUEhVZmh5 U0ZLRDdHVzVzZ09			Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! 15 mins out and 15 mins back Elite and Fast Intermediate Runners Only Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	11th March	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 with Julie Bie		18.00 - 19.00 Core 2 Lisa Hayward Core Gym Open to All	16.45- 18.00 Last Hockey of the year!!! Hockey (UNIHOOC) Fram Sports Centre Open to all Juniors and Seniors! £2.00

Thursday	12th March	6.00 Paddle more experienced	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=THkxVW5tUE-IvZmh5U0ZLRDdHVzVZz09				17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	13th March	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	14th March	7.30 - 9.30 Paddle K2s and or K1 Hare and Hounds 12K Fastest Last	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 12K Hare and Hounds				
Sunday	15th March	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info						
Monday	16th March	6.00 Gym more experienced						6.00 Paddle more experienced
Tuesday	17th March	6.00 Paddle more experienced		6.45 Core online <a href="https://us05web.zoom.us/j/826919636362">https://us05web.zoom.us/j/826919636362</a> pwd=THkxVW5tUE-IvZmh5U0ZLRDdHVzVZz09		Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! Bridges LAST TUES RUN OF THE YEAR Elite and Fast Intermediate Runners Only Wear a High Viz vest!	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	18th March	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome			17.00 -19.00 FIRST WED PADDLE! Paddle - Everyone welcome Club Session Little Lake - Join when you can!!	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All
Thursday	19th March	6.45 Core online <a href="https://us05web.zoom.us/j/826919636367">https://us05web.zoom.us/j/826919636367</a> pwd=THkxVW5tUE-IvZmh5U0ZLRDdHVzVZz09	6.00 Paddle more experienced					17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	20th March	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan	6.00 Gym more experienced					
Saturday	21st March	7.30 - 9.30 Paddle 15 x 2 mins on 2 mins off (12 down) plus paddle back	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group No Top Group (Chris Race Control BUCS) Join 7.30 session	British University and Colleges Sprint Championships on Whitlingham Lake run by NCC Please come along and help :-) contact Tim!		National Junior Development Squad Training at Norwich Juniors from all over UK (including Scotland at Norwich)	
Sunday	22nd March	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info			British University and Colleges Sprint Championships on Whitlingham Lake run by NCC Please come along and help :-) contact Tim!		National Junior Development Squad Training at Norwich Juniors from all over UK (including Scotland) racing at Norwich on the the Bug Lake integrated with BUCS competition.	
Monday	23rd March	6.00 Gym more experienced						6.00 Paddle more experienced
Tuesday	24th March	6.00 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=THkxVW5tUE-IvZmh5U0ZLRDdHVzVZz09				17.45 on water - 19.00 Club Session 3 x 3K round island 1) individual 2) pairs 3) groups prompt start - bring lights - join when arrive
Wednesday	25th March	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 with Julie Bie		17.00 -19.00 Paddle - Everyone welcome Club Session Little Lake - Join when you can!!	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All

Thursday	26th March	6.00 Paddle more experienced						
Friday	27th March	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristan	6.00 Gym more experienced					
Saturday	28th March	7.30 - 9.30 Paddle More experienced 4min on 1 off 1 min 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 Water 10.15 4min on 1 off 1 min on 1 off x 8	Marathon Assessment Race Norwich Races from 12.30 Help needed! If you can help please let Tim know.			
Sunday	29th March Clocks Change!!	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adult Technical Session Contact Jan A Kayak/Canoe/SUP All adult club members welcome					
Monday	30th March	6.30am Paddle more experienced						6.00 Paddle more experienced
Tuesday	31st March	6.00 Paddle more experienced	6.45 am Core On line <a href="https://us05web.zoom.us/j/82691963636?pwd=THhvVW5lUjEhZmI5UkxkLkR0d0hVc1Z2Zz09">https://us05web.zoom.us/j/82691963636?pwd=THhvVW5lUjEhZmI5UkxkLkR0d0hVc1Z2Zz09</a>					18.00 - 19.30 Club session K1 or K2 1500m race starts x 6
Wednesday	1st April	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tristan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome				17.30 - 19.30 Paddle - Everyone welcome Club session Session announced on the Day

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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