

April 2026 Schedule

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 Selection for Junior and Under 23 GB marathon development trip to Waterlands, Amsterdam 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		10:00-15:00 Learn to Kayak course Norwich High School contact Louise				6.00 Paddle more experienced
Tuesday	31st March	6.00 Paddle more experienced Speed Session (Ideally using course on big broad) 200m x 4 (4 mins rest) 2K warm Up Efforts 1 and 3 Max Efforts 2, 4 Normal start for 10 strokes then @ 65 sr but max effort	6.45 am Core On line https://us05web.zoom.us/j/826919836362 pwd=THkVWStUEJvZmh5 U0ZLRDdHVzVZz09	10:00-15:00 Learn to Kayak course Norwich High School contact Louise				18.00 - 19.30 Club session K1 or K2 1500m race starts x 6
Wednesday	1st April	Time TBC on Junior WhatsApp! Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	10:00-15:00 Learn to Kayak course Norwich High School contact Louise	10:00-15:00 Learn to Kayak course Waveney Club contact Louise			17.30 - 19.30 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	2nd April	6.00 Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/826919836362 pwd=THkVWStUEJvZmh5 U0ZLRDdHVzVZz09	10:00-15:00 Learn to Kayak course Waveney Club contact Louise			16.00 - 17.30 Junior Skills Big Lake from beach	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	3rd April	8am Paddle Technical session Little Lake Everyone welcome contact Tim	10:00-15:00. Special Event! K2/K4 with Learn to Kayak Group - members needed to paddle K4!! followed by... Surfski taster session at NCC for NCC members - all welcome!		Devizes To Westminster International Canoe Marathon			
Saturday	4th April	7.30 - 9.30 Paddle Pairs Each lead one effort then rest one effort on the wash 1000m x 2 500m x 4 200m x 2 500m x 4 1000m x 2 2 mins rest 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 Each lead one effort then rest one effort on the wash 500m x 4 200m x 2 500m x 4 2 mins rest plus paddle-back	Devizes To Westminster International Canoe Marathon		10:00-12:00 Weekend beginners course contact Louise	
Sunday	5th April	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan	Para Into Session for New Paras 12 Midday contact Tim			10:00-12:00 Weekend beginners course contact Louise	
Monday	6th April	6.00am Gym More experienced						6.00 Paddle more experienced
Tuesday	7th April	6.00 Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/826919836362 pwd=THkVWStUEJvZmh5 U0ZLRDdHVzVZz09	9am Racing Coach Coaching Award Assessment at Norwich Canoe Club contact Tim	14.00 Junior Training Afternoon for those racing at Nottingham			18.00 - 19.30 Club session Paddle K1 and K2 10K Race
Wednesday	8th April	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 with Julie Bie	Junior Easter course: 10:00-12:00 Family Easter course: 13:00-15:00	Race Coach Coaching Course for Coach Award at Norwich Canoe Club 9am - 5pm contact Tim	17.30 - 19.30 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	9th April	6.00 Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/826919836362 pwd=THkVWStUEJvZmh5 U0ZLRDdHVzVZz09			Junior Easter course: 10:00-12:00 Family Easter course: 13:00-15:00	Race Coach Coaching Course for Coach Award at Norwich Canoe Club 9am - 5pm contact Tim	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All

Friday	10th April	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim		11.30 Trailer Leaves for Nottingham		Junior Easter course: 10:00-12:00 Family Easter course: 13:00-15:00	
Saturday	11th April	7.30 - 9.30 Paddle K2s and or K1 Groups of 4 1 minute leads x 8 sets 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 1 minute leads to Bramerton in groups	Nottingham Sprint Regatta Selection for Junior and Under 23 Euros, senior pool for World Cups		
Sunday	12th April	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan		Nottingham Sprint Regatta Selection for Junior and Under 23 Euros, senior pool for World Cups		
Monday	13th April	6.00 Gym more experienced					6.00 Paddle more experienced
Tuesday	14th April	6.00 Paddle more experienced	6.45 Core online https://us05web.zoom.us/j/828919638362 pwd=ThKvVWSUeJyZmh5 U0ZLRDdHVzVZz09	Para Session 9.30 contact Tim			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	15th April	6.00 Gym more experienced	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 contact Tim	17.30 -19.30 Paddle - Everyone welcome Club Session Session announced on the Day	19.30 Coaching Meeting All Coaches and Group Leaders Welcome
Thursday	16th April	6.45 Core online https://us05web.zoom.us/j/828919638362 pwd=ThKvVWSUeJyZmh5 U0ZLRDdHVzVZz09	6.00 Paddle more experienced		NCC Coaches leave for Waterlands		17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	17th April	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tristian	6.00 Gym more experienced		NCC Coaches oversee training for Waterlands		
Saturday	18th April	7.30 - 9.30 Paddle Not a pyramid 8-8-6-6-4-4-2-2- 1-1-8-8 1 minute rest - 2 mins between the 2s and after the first 1 and then straight into the last 8 mins after the final 1 min (no rest)	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group Not a pyramid 6-6-4-4-2-2-1-1-8 2 mins rest	Waterlands International Canoe Marathon Amsterdam	NCC First Aid Course 8 hour - one day (Or day one for those doing 16 hours)	
Sunday	19th April	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan		NCC Coaches travel back from Waterlands	NCC First Aid Course Day 2 for those doing the 16 hours	
Monday	20th April	6.00 Gym more experienced					6.00 Paddle more experienced
Tuesday	21st April	6.00 Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/828919638362 pwd=ThKvVWSUeJyZmh5 U0ZLRDdHVzVZz09				18.00 - 19.30 Club session 4 x Round the Island K2 and K1 1. Individual 2. pairs 3. threes 4 groups
Wednesday	22nd April	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 contact Tim			17.00 -19.00 Paddle - Everyone welcome Club Session

Thursday	23rd April	6.00 Paddle more experienced					16.00 - 17.30 Junior Skills Big Lake from beach	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	24th April	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim	6.00 Gym more experienced					
Saturday	25th April	7.30 - 9.30 Paddle More experienced 15 x 4 minutes 1 min rest - 2 mins ever 3 efforts	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group on Water 10.15 8 x 4 minutes	12.30 - 14.30 Saturday beginners course contact Louise			
Sunday	26th April	Cambridge Marathon Hasler EVERYONE can race!! First one of the year! And the closest! Enter here: https:// entries.gbcanoemarathon.co.uk/entries		9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	Come and support our NCC member.. Ian Hayward's Le Grand Départ Circumnavigating mainland Britain by sea kayak - solo and unsupported. Royal Norfolk and Suffolk Yacht Club, Lowestoft 0900 to 1030 for breakfast (TBC) and 1030 to 1130 for coffee. 1130 to midday Le Grand Départ Ian would like names of those hoping to attend.			
Monday	27th April	6.30am Paddle more experienced						6.00 Paddle more experienced
Tuesday	28th April	6.00 Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/ j/3262119638362 pwd=THkVW5tUEhZmh5 UQZLRDdHvZvZz09	Para Session 9.30 contact Tim				18.00 - 19.30 Club Session Big Lake 4 x 3K plus 1 x 1000m with a turn
Wednesday	29th April	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 contact Tim				17.30 - 19.30 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	30th April	6.00 Paddle more experienced					16.00 - 17.30 Junior Skills Big Lake from beach	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	1st May	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim	6.00 Gym more experienced					
Saturday	2nd May	7.30 - 9.30 Paddle Mixed Ability K4 3 mins on 2 off x 10 Arrive in good time to get in a K4!	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day	10.00 - 12.00 Top Group on Water 10.15 They can paddle at 7.30 in K4!	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	12.30 - 14.30 Weekend beginners course contact Louise	Marathon K1 Assessment Race Nottingham For Euros Enter here: https://entries.gbcanoemarathon.co.uk/entries	
Sunday	3rd May	National Short Course Championships Everyone can race! Enter here: https:// entries.gbcanoemarathon.co.uk/entries		9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan			

Colour Code

<p>Club Session open to everyone If you paddle once or twice a week - come to these sessions</p>	<p>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</p>	<p>Juniors Training Days (either at the Club or elsewhere)</p>	<p>Junior sessions open to all juniors</p>	<p>Para Sessions</p>	<p>Adults Paddle and Crew Boat sessions</p>	<p>Seniors and Veterans</p>
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Colour Code Continued

<p>Intermediate adults paddle</p>	<p>Races</p>	<p>Special Events</p>	<p>International Races that require selection</p>	<p>International Club Trips</p>	<p>Actions (off water)</p>	<p>Social Paddles</p>
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<p>Cross Training</p>	<p>Adults Technical with Jan</p>	<p>Gym For Seniors and Veterans</p>	<p>Younger Juniors Games</p>	<p>Core 1 Gym More Experienced</p>	<p>Core 2 for All Main Rom With Lisa Hayward Open to All</p>	<p>Courses or sessions run by the club for external paddlers</p>
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