

December

Norwich Canoe Club Training Schedule

Day	Coaches	Main Session	Time	Session 2	Coaches	Time
Thu 01						
Fri 02	LB	Gym/Core stability	6.30 pm			
Sat 03	DP	8 x 5 minutes 6 down 2 back	8.00 am	4 minute efforts x 8	TS/JO/AR	10.00 am
Sun 04			9.00am			
Mon 05	DP/NB	gym	5.00 pm			
Tue 06	DP/RK	run Gym	6.00 pm	Langley 2pm 14 K	TS/JH/DB	
Wed 07	DP/TS/PT	Paddle am/ run Gym	5pm gym 5.30pm run			
Thu 08	DP	gym	7.00 pm	SWIM 2,4,6,8,8,6,4,2 Pyramid	TS	3.30 pm
Fri 09	LB	Gym/Core stability	6.30 pm			
Sat 10	DP	6 x 2K Gym heavy/light	8.00 am	3 times 3 K Big Lake. First 3k WashHanging and Technique	PT/AR/JO	10.00 am
Sun 11	DP	Bike	9.00am	SURLINGHAM 16K for Langley	JH	1.00 pm
Mon 12	DP/NB	gym	5.00 pm			
Tue 13	DP/RK	run Gym	6.00 pm			
Wed 14	TS/DP/PT	Paddle am /run Gym / K2 NIGHT TIME PADDLE FANCY DRESS	5pm gym 5.30pm	Bring Lights for Your Boat		
Thu 15	DP	gym or swim	7.00 pm	SWIM 6 x 6 lengths 4 X 1 length	TS	3.30 pm
Fri 16	LB	Gym/Core stability	6.30 pm			
Sat 17	DP	12 K in pairs/ Medicine ball after	8.00 am	10AM 6 minute efforts x 6 6PM POOL ROLLING AND GAMES	TS/AR/JO/DB	10.00 am
Sun 18	AP	12K in group/ gym CHRISTMAS PARTY	4.00pm-8.00pm		TS/JO	6pm
Mon 19	NB/DP	Gym	5.00pm			1.30 pm
Tue 20	TS/LL	TRAINING DAY - ALL WELCOME	10.00 - 4 pm	run Gym	DP/RK	6.00 pm
Wed 21	DP/RW/TS	Paddle am/ run Gym/ INDOOR HOCKEY AT YMCA £2.00	5pm gym	MEET YMCA AT 5.50. pm		
Thu 22	DP	gym or swim	7.00 pm	SWIM Pyramid 2,4,6,8,10,8,6,4,2	TS	3.30 pm
Fri 23	LB	Gym/Core stability FUN GAMES NIGHT	6.30 pm			
Sat 24	DP	5K	8.00 am	5K	TS	10.00 am
Sun 25		Bike !				
Mon 26		Run !				
Tue 27	DP/RK	Tour of Norfolk Broads in K2 (am) run Gym (pm)	9.00am 6.00 pm			
Wed 28	DP	paddle am gym pm	9.00 am 5pm gym 5.30pm run			
Thu 29	DP	16K paddle medicine ball	9.00 am			
Fri 30	LB	Core stability	6.30 pm			
Sat 31	DP	Triathlon Bike 8.30 Run 9.30 Paddle 10.30	8.00 am			
Sun						