

January

Norwich Canoe Club Training Schedule

Day	Coaches	Main Session	Time	Session 2	Coaches	Time
Sun	01 DP	paddling River Bure (Diane/Phillips)	10.00am			
Mon	02 DP	Gym/paddle	8.30am			
Tue	03 DP/RB	Running/gym	6.00pm			
Wed	4 TS/DP/PT	Gym	5.00pm			
Thur	5 DP	gym	5.00pm	Swim 12 x 4 lengths	TS	3.30 pm
Fri	06 LB	Gym/Core stability	6.30pm			
Sat	07 DP/TS/PT	6 x 2k	8.00am	3 x 3 K in small groups. Technique and WH	TS/DB/AR/PT	10am
Sun	08 DP	Bike	9.00am	LUZMORE K2 (Rich/Royal) pre entry only	TS/JH	12.00 Start
Mon	09 DP	Gym	5.00pm			
Tue	10 DP/RK	Running/gym	6.00pm	Langley School 3 x 3 K Technique	TS/JH	2.00pm
Wed	11 DP/TS/PT	Gym	5.00pm	UEA 5K	TS/SW/LL	2.00pm
Thu	12 DP/NB	Gym	7.00pm	Swim Pyramid 2,4,6,8,10,8,6,4,2,1,1,1	TS	3.30 pm
Fri	13 LB	Gym/Core stability	6.30pm			
Sat	14 RK/PT	9 x 1000 (4 down 5 back)	8.00am	7 x 1000 - Technique	PT/DB/IL	10.00am
Sun	15 AE	12K in groups	9.00am			
Mon	16 PT	Gym	5.00pm			
Tue	17 RK/PT	Running/gym	6.00am	Langley School 12 K	JH	2.15pm
Wed	18 BB/PT	Gym	5.00pm			
Thu	19 DP	Gym	7.00pm	Swim 10 x 6 lengths	TS	3.30pm
Fri	20 LB	Gym/Core stability	6.30pm			
Sat	21 DP/TS	Triathlon, Bike 8am, Run 9am, Paddle 10am	8.00am	Triathlon Paddle 10 am		
Sun	22 DP	Bike	9.00pm	Pool Rolling Session Thorpe House Shool	TS/DB	6.00pm
Mon	23 DP	Gym	5.00pm	Langley School 16K	TS/JH	1.00pm
Tue	24 DP/RK	Running/gym	6.00pm	Langley School 9 x 1000 5 down 4 back	TS/JH	2.15pm
Wed	25 DP/TS	Gym	5.00pm	UEA 8K	TS/SW/LL	2.00pm
Thu	26 DP	Gym	7.00 pm	Swim Pyramid 2,4,6,8,10,8,6,4,2,1,1,1	TS	3.30pm
Fri	27 LB	Gym/Core stability	6.30pm			
Sat	28 DP	12k in groups	8.00am	3 x 3 K in small groups. Technique and WH	TS/DB/AR/PT	10.00am
Sun	29 AE	16 k or (Longridge 5K training day)	9.00am			
Mon	30 DP	Gym	5.00pm			
Tue	31 DP/RK	Running/gym	6.00pm	Langley School 12 K	TS/JH	2.15pm

DP Dyson Pendle
 TS Tim Scott
 RK Rob Kilbourn
 PT Phil Terry
 DB Daniel Balls
 IL Ian Lake
 AR Andy Ross
 JH Julie Hicks
 LB Lee Bradshaw
 AE Alan Epps
 NB Nik Boelhke