

November

Norwich Canoe Club Training Schedule

Day	Coaches	Main Session	Time	Session 2	Coaches	Time
Tue 01	RK	Run Gym	6.00 pm			
Wed 02	TS/DP/PT	Run Gym	5pm gym 5.30pm run			
Thu 03	DP	gym	7.00 pm			
Fri 04	LB	Gym/Core stability	6.30 pm			
Sat 05	RK	6 x 2k	8.00 am	3 x 3 K	TS/PT/AR	10.00 am
Sun 06	DP	Bike road	9.00am			
Mon 07	DP	gym	5.00 pm			
Tue 08	DP/RK	run Gym	6.00 pm			
Wed 09	TS/DP/PT	run Gym	5pm gym 5.30pm run			
Thu 10	DP	Gym	7.00 pm	Swim	TS	3.30 pm
Fri 11	LB	Gym/Core stability	6.30 pm			
Sat 12	DP	K2 5mins x 6 then paddle back	8.00 am	Big Lake wash hang + technique	TS/PT/AR	
Sun 13	DP	bike road	9.00am			
Mon 14	DP	gym	5.00 pm			
Tue 15	DP/RK	run Gym	6.00 pm			
Wed 16	TS/DP/PT	run Gym	5pm gym 5.30pm run			
Thu 17	DP	gym	7.00 pm	Swim Pyramid 2/4/6/4/2	TS	3.30 pm
Fri 18	LB	Gym/Core stability	6.30 pm			
Sat 19	RK	9 1000 6 down 3 back start at 2nd railway bridge	8.00 am	Big Lake/ technique/ 7 1000's	TS/PT/AR	10.00 am
Sun 20	AE	paddle 12k	9.30am	12k paddle (Langley School)	TS	1.30 pm
Mon 21	NB	gym	5.00 pm			
Tue 22	RK	run Gym	6.00 pm			
Wed 23	TS/DP/PT	run Gym	5pm gym 5.30 run			
Thu 24	DP	gym	7.00 pm	Swim Pyramid 2/4/6/8/6/4/2	TS	3.30 pm
Fri 25	LB	Gym/Core stability	6.30 pm			
Sat 26	JH	Triathlon bike 8.00am run 9.00 2k paddle at 10a	8.00 am	Triathlon (bring running shoes)	JH	10.00 am
Sun 27	TS/JO	Banbury (Ross Warland Canal Challenge)	Leave 6am	16 K	AE	
Mon 28	DP	Gym	5.00 pm			
Tue 29	DP/RK	run Gym	6.00 pm			
Wed 30	PT/RW	gym	5pm gym 5.30pm run			