

February

Norwich Canoe Club Training Schedule

Day	Coaches	Main Session	Time	Sessions 2 & 3	Coaches	Time
wed	01 DP	Paddle 4min lead 65% x 4, groups of 5/gym	3.30/5.00pm	Army Cadets Course Base group - run - kayak ergo challenge in team	TS/SW TS/PT	2.00pm 5.30pm
thu	02 DP	Paddle 2min lead 75% x 4, groups 5/gym	3.30/7.00	Swim - warm up - 15 mins and 4x4	TS	3.30pm
fri	03 LB	Gym/ core stability	6.30pm			
sat	4 DP/RK	5K gym	8.00am	5K K2 Kayak Rolling Thorpe House Pool 12K in groups	TS/PT/AR/DB TS/DB SW	10.00am 6.00pm 9.00am
sun	5 IH	First Aid Course	9.00am - 17.00pm			
mon	06 DP/PT	Gym	5.00pm	Safeguarding Children Course - Norwich		6.30 - 9.30
tue	07 DP/RK	Paddle 4min lead 65% x 4, groups of 5/gym	3.30pm	Langley School - technique drills/ 10K Run/gym	TS/JH/JO RK/AP	2.00pm 6.30pm
wed	08 DP	Paddle 2min lead 75% x 4, groups 5/gym	3.30/5.00pm	Army Cadets Course Base group - run/medicine ball/weights	TS/SW TS/PT	2.00pm 5.30pm
thu	09 DP	paddle tech drills/ gym	3.30/7.00pm	Swim - warm up - 15 mins and 4x4	TS	3.30pm
fri	10 LB	Gym/Core stability	6.30pm			
sat	11 RK	9 x 1000	8.00am	paddle technique drills / 7 x 1000	TS/AR/DB	10.00am
sun	12 TS	WATERSIDE A	Check Waterside website for your start time			
mon	13 PT	Gym	5.00pm			
tue	14 RK	Paddle 4min lead 65% x 4, groups of 5	3.30pm	Langley School - 4m on 1 off x 9 (& race review) Run/gym	TS/JH/JO RK/DP/AP	2.00pm 6.30pm
wed	15 DP	Paddle 2min lead 75% x 4, groups 5/gym	3.30/5.00pm	Army Cadets Course Indoor Hockey meet at the YMCA	TS/SW TS/RW	2.00pm 6pm - 8pm
thu	16 DP	GYM	7.00pm	Swim - warm up - 18 mins and 4x2	TS	3.30pm
fri	17 LB	Gym/Core stability	6.30pm			
sat	18 Club	Norwich Training day and 5K	9.00am	3 x 3 k Round the Island	TS/PT/AR/DB	10.00am
sun	19 DP	Bike	9.00am			
mon	20 DP/PT	Gym	5.00pm			
tue	21 DP/RK	Paddle 4min lead 65% x 4, groups of 5/gym	3.30pm	Langley School - technique drills/ 3x3K Run/gym	TS/JH/JO RK/DP/AP	2.00pm 6.30pm
wed	22 DP/RK	Paddle 2min lead 75% x 4, groups 5/gym	3.30/5.00	Army Cadets Course Run/kayak ergo challenge	TS/SW TS/PT	2.00pm 5.30pm
thu	23 DP	Paddle excises /Gym	3.30pm/7.00pm	Swim - warm up - 18 mins and 4x2	TS	3.30pm
fri	24 IH	RACING MODULE COACH UPDATE at NCC To attend this update register with Canoe England	5.00pm - 9.00pm	Core Stability (depending on room availability)	LB	6.30pm
sat	25 DP/RK	6 x 2k/gym	8.00am	paddle technique drills/1 minute sprints in groups	TS/AR/DB	10.00am
sun	26 TS	WATERSIDE B	Start 10.00 - 11.30	Bike	DP	9am
mon	27 DP/PT	Gym	5.00pm			
tue	28 DP/RK	paddle 4 x 750	3.30pm	Langley School - technique drills/ 10K/race review Run/Gym	TS/JO/JH RK/AP	2.00pm 6.30pm

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
 IH Ian Hayward