

TRAINING PROGRAMME: Nottm Ice						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
						Competition Nottingham
	6pm	6-7pm		5.45-6.45pm	8-9am	
	Run 5km Home	Home		2 x build ups 4x3 laps starts	2x9 laps 2x7 laps 2x 5laps	
29-Jan	30-Jan	31-Jan	01-Feb	02-Feb	03-Feb	04-Feb
	6pm	6-7pm		5.45-6.45pm	8-9am	
	Run 5km Home	rink concourse		3 x build ups 4 x 2 laps- starts	Drills 3 x 8 laps	
05-Feb	06-Feb	07-Feb	08-Feb	09-Feb	10-Feb	11-Feb
	6pm					
	Run 2x10x30 Harvey Hadden Skate park	6-7pm Home		5.45-6.45pm	8-9am	
				4 x 4x 30 sec 30 sec	3 x 10 laps 3 x 5 laps	
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
			Mark's Power skills camp am			
	6pm	6-7pm		5.45-6.45pm	8-9am	
	Run 5km Home	Home		2 x build ups 4 x 4 laps	6 x5 laps	

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION