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PLEASE PAY ON-LINE

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07-Apr	08-Apr	09-Apr	10-Apr	11-Apr	12-Apr	13-Apr
No Ice	Holme Pierrepont	Home	Marks Camp	5.45-6.45pm	7.30-8.30am	
	hotel side		8am -12.30pm		Drills\Starts	
	Bike 1 hour	Run 5 km		5 x 5 laps		
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
No Ice	Holme Pierrepont	Home		5.45-6.45pm	7.30-8.30am	
	hotel side			Drills\Starts	4x 8 laps	
	Bike 1 hour	Run 5 km			Gent	Easter Cup
	6pm					
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
No Ice	Holme Pierrepont	Home		5.45-6.45pm	7.30-8.30am	
	hotel side			Drills\Starts		
	Bike 1 hour	Run 5 km		5 x 6 laps		
	6pm					
28-Apr	29-Apr	30-Apr	01-May	02-May	03-May	04-May
No Ice	Holme Pierrepont	Home		5.45-6.45pm	7.30-8.30am	
	hotel side			Drills\Starts	5 x 5 laps	
	Bike 1 hour	Run 5 km				
	6pm					

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION