

## TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
8.00pm - 9.00pm Relays 5 laps	6pm Slide board home	6-7pm Home Run 5 km		5.45-6.45pm 2x2x 30sec Fun Races	7.30-8.30am Drills\Starts Fun Races	
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
No Ice	6pm Slide board home	MERRY CHRISTMAS		5.45-6.45pm 4x3x1.5 laps tat tat	7.30-8.30am 4x 10 laps Starts	
30-Dec	31-Dec	01-Jan	02-Jan	03-Jan	04-Jan	05-Jan
6pm -7pm Relays 5 laps	6pm Slide board home	HAPPY NEW YEAR		GB TRIALS COME AND WATCH Good	British Championships Luck	British Championships All Skaters
06-Jan	07-Jan	08-Jan	09-Jan	10-Jan	11-Jan	12-Jan
No Ice	6pm Slide board home	6-7pm Home 20x30 sec run 30 sec rest		5.45-6.45pm 2x2x 30sec Fun Races	7.30-8.30am Drills Fun Races	

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

Nottm Web Site: [nirc.info/](http://nirc.info/)

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION