

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
No Ice	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	Competition
	Slide board home	Home Run 5 km		3x4x 30sec	Drills\Starts	Nottingham
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
6pm -7pm	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
					4x 8 laps Starts	
Relays 5 laps	Slide board home	Home <small>20x30 sec run 30 sec rest</small>		5x3 laps	Competition Guildford	
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	01-Feb	02-Feb
No Ice	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
	Slide board home	Home Run 5 km		4x3x1.5 laps tat tat	5 x 5 laps	
03-Feb	04-Feb	05-Feb	06-Feb	07-Feb	08-Feb	09-Feb
No Ice	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
	Slide board home	Home <small>20x30 sec run 30 sec rest</small>		5 x2 laps Fun Races	5 x 10 laps	

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