

TRAINING PROGRAMME: Nottm Ice						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30-Jun	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul	06-Jul
No Ice	Holme Pierrepont	Hill Run intervals Home 5 x 30 sec, 2 sets		5.45-6.45pm 5 x 6 laps (On Track Corner Drills)	7.30-8.30am 5 x 6 laps (On Track Straights Drills)	
	hotel side					
	Bike 1 hour 6pm					
07-Jul	08-Jul	09-Jul	10-Jul	11-Jul	12-Jul	13-Jul
No Ice	Holme Pierrepont	Run 5 km Home		NO ICE Club Presentation Evening: Mellish Rugby Club. Mapperley Plains, Arnold NG3 5RX 7pm Start	7.30-8.30am 5 x 7 laps (Pack positioning)	
	hotel side					
	Bike 1 hour 6pm					
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
No Ice	Holme Pierrepont	Hill Run intervals Home 5 x 30 sec, 2 sets		5.45-6.45pm 5 x 7 laps (Track position/drafting)	7.30-8.30am tat-tat-tat	
	hotel side					
	Bike 1 hour 6pm					
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
No Ice	Holme Pierrepont	Run 5 km Home		5.45-6.45pm 3 x Power Straights 3 x Corner Drills	7.30-8.30am Laps: 2 laps left from the whistle	
	hotel side					
	Bike 1 hour 6pm					