mandyworth@hotmail.co.uk

PLEASE PAY ON-LINE

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

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