

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
No Ice	Bike 1 hour	6-7pm Home Run 5 km		5.45-6.45pm 5 x 5 laps	7.30-8.30am Drills\Starts	
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
No Ice	Bike 1 hour	6-7pm Home Run 5 km		5.45-6.45pm 3 x 3x30 sec 30 sec	7.30-8.30am 4x 8 laps	
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
Marks Skills Camp 6.15pm-7.30pm						
8pm -9pm Relays 5 laps	Bike 1 hour	6-7pm Home Run 5 km		5.45-6.45pm 5 x 6 laps	7.30-8.30am 4x3x1.5 laps tat tat	
31-Mar	01-Apr	02-Apr	03-Apr	04-Apr	05-Apr	06-Apr
No Ice	Holme Pierrepont hotel side Bike 1 hour 6pm	6-7pm Home Run 5 km		5.45-6.45pm 5 x2 laps	7.30-8.30am Drills\Starts	

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING

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