

## TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05-May	06-May	07-May	08-May	09-May	10-May	11-May
No Ice	Holme Pierrepont					
	hotel side Bike 1 hour 6pm	Home Run 5 km		5.45-6.45pm 5 x 6 laps	7.30-8.30am Drills\Starts	
12-May	13-May	14-May	15-May	16-May	17-May	18-May
No Ice	Holme Pierrepont					
	hotel side Bike 1 hour 6pm	Home Run 5 km		5.45-6.45pm Club	7.30-8.30am Championships	
19-May	20-May	21-May	22-May	23-May	24-May	25-May
No Ice	Holme Pierrepont					
	hotel side Bike 1 hour 6pm	Home Run 5 km		5.45-6.45pm Drills\Starts	7.30-8.30am 5 x 5 laps	
26-May	27-May	28-May	29-May	30-May	31-May	01-Jun
No Ice		Marks Camp Power/Skills				
	Holme Pierrepont hotel side Bike 1 hour 6pm	Home Run 5 km		5.45-6.45pm 5 x 6 laps	7.30-8.30am Drills\Starts	

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