

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28-Oct	29-Oct	30-Oct	31-Oct	01-Nov	02-Nov	03-Nov
8pm to 9pm Relays 5 laps	6pm Slide board home	6-7pm Home Run 5 km		5.45-6.45pm 3 build ups 5 x 2 laps	7.30-8.30am 6 x 10 laps	
04-Nov	05-Nov	06-Nov	07-Nov	08-Nov	09-Nov	10-Nov
No Ice	6pm Slide board home	6-7pm Home <small>20x30 sec run 30 sec rest</small>		5.45-6.45pm 4x3x1.5 laps tat tat	Competition Nottingham Report 11.30am everyone can race	
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
No Ice	6pm Slide board home	6-7pm Home Run 5 km		5.45-6.45pm 5 x 6laps hard 10 min rest	Competition Guildford 7.30-8.30am Drills Corners	
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
No Ice	6pm Slide board home	6-7pm Home <small>20x30 sec run 30 sec rest</small>		5.45-6.45pm 4 x 4x 30sec	7.30-8.30am 6 x 8 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