

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30-Sep	01-Oct	02-Oct	03-Oct	04-Oct	05-Oct	06-Oct
					Competition Guildford	
8pm to 9pm		6-7pm		5.45-6.45pm	7.30-8.30am	
Relays 5 laps		Home Run 5 km		3 build ups 5 x 2 laps	6 x 10 laps	
07-Oct	08-Oct	09-Oct	10-Oct	11-Oct	12-Oct	13-Oct
8pm to 9pm	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
Relays 5 laps	Slide board home	Home <small>20x30 sec run 30 sec rest</small>		6 x 6laps overtaking	Whistle races	
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
No Ice	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
	Slide board home	Home Run 5 km		Drills Corners	4x3 x 1.5 tat tat	
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
8pm to 9pm	6pm	6-7pm		5.45-6.45pm	7.30-8.30am	
Relays 5 laps	Off ice session RINK	Home <small>20x30 sec run 30 sec rest</small>		6 x 8laps	4 x 4x 30sec	

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