

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02-Sep	03-Sep	04-Sep	05-Sep	06-Sep	07-Sep	08-Sep
SSPP TRIALS	SSPP TRIALS					
		6-7pm Home Run 5 km		5.45-6.45pm Corner drills	7.30-8.30am Whistle Races	
09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
8pm to 9pm Relays 5 laps	6pm Bike Holme pierrepont	6-7pm Home 20x30 sec run 30 sec rest		5.45-6.45pm 6 x 10 laps	7.30-8.30am 4x3 x 1.5 tat tat	
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
8pm to 9pm Relays 5 laps	6pm Bike Holme pierrepont	6-7pm Home Run 5 km		5.45-6.45pm 3 build ups 5 x 2 laps	7.30-8.30am 7 x 8 laps	
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
8pm to 9pm Relays 5 laps	6pm Bike Holme pierrepont	6-7pm Home 20x30 sec run 30 sec rest		5.45-6.45pm 6 x 6laps overtaking	7.30-8.30am 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