

Chris Murray

PLEASE PAY ON-LINE

TRAINING PROGRAMME: Dec / Jan

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
No Ice		Hill Run intervals		5.45-6.45pm	7.30-8.30am	
		Home		45-45, 30-30, 15-15 timed intervals	5x3 laps build ups Starts	
		5 x 30 sec, 2 sets		8:45-9.05am	Skating Imitations	
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	01-Feb
No Ice		Run 5 km		5.45-6.45pm	7.30-8.30am	
		Home		2 laps from the whistle	Nottingham Camp and Competition	
		ISU World Junior Championships (Salt Lake, USA)				
02-Feb	03-Feb	04-Feb	05-Feb	06-Feb	07-Feb	08-Feb
No Ice		Hill Run intervals		5.45-6.45pm	7.30-8.30am	
		Home		tat-tat-tat 5 x [3 x 1.5]	Pyramids 7-10-15-10-7	
		5 x 30 sec, 2 sets		8:45-9.05am	Skating Imitations	
09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
No Ice	Olympic Shorttrack	Run 5 km	Olympic Shorttrack	5.45-6.45pm	7.30-8.30am	
		Home		4 x 13 laps 4 x 9 laps 4 x 5 laps (Jostling)	6x3 laps (build ups)	
				8:45-9.05am	Skating Imitations	
16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
No Ice		Hill Run intervals		No Ice	No Ice	
		Home		Cancelled	Cancelled	
		5 x 30 sec, 2 sets		Olympic Shorttrack	Skate-Tec Western Elite Circuit 3 (CAN)	
Olympic Shorttrack		Olympic Shorttrack		Star Class CD-3, Heerenveen (NED)		
				Danubia 3, Bialystok (POL)		

OFF ICE SESSIONS

ICE SESSIONS

Domestic  
Competitions

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Nottm Web Site: [nirc.info/](http://nirc.info/)

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION