

TRAINING PROGRAMME:

Nottm Ice

From:

21-Nov

To:

18-Dec

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
No Ice				5.45-6.45pm 5x 3 laps	BIS camp	
					8-10am Tec	
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
No Ice				5.45-6.45pm 2x5x1.5 tat tat tat	8-9am	
					2x 13 Laps 2x9 laps 2 x 5 laps	
30-Jan	31-Jan	01-Feb	02-Feb	03-Feb	04-Feb	05-Feb
No Ice				5.45-6.45pm 5x 4 laps	8-9am	
					Whistle races	
06-Feb	07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb
No Ice				5.45-6.45pm 5x 2 laps	8-9am	
					4x45-45 6x30-30 8x15-15	

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OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION

PLEASE PAY ON-LINE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Cord max TID camp	cord x5	cord x5	cord x5	cord x5		
8pm-9pm Relays /5 laps	TID camp	TID camp	TID camp	TID camp	8-9am 4x45-45 6x30-30 8x15-15	
31-Oct	01-Nov	02-Nov	03-Nov	04-Nov	05-Nov	06-Nov
Cord max YES WE HAVE ICE	cord x5	cord x5	cord x5	cord x5		
8pm-9pm Relays /5 laps 20 sec rest	Hockey	GYM 3 sets	Hockey	off ice 4.15 5.45-6.45pm 3x build ups 3x3 laps	8-10am 4x45-45 6x30-30 8x15-15	
07-Nov	08-Nov	09-Nov	10-Nov	11-Nov	12-Nov	13-Nov
Cord max YES WE HAVE ICE	cord x5	cord x5	cord x5	cord x5	Competition Guildford	
8pm-9pm Relays /5 laps	Hockey	GYM 2 sets	Hockey	Off Ice 4.14 5.45-6.45pm 2x5x1.5 tat tat tat	8-9am 7x5 laps	
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
Cord max	cord x5	cord x5	cord x5	cord x5	Competition Sheffield	
Run 2x8x30sec 30 sec R	Hockey	GYM 3 sets	Hockey	off ice 4.15 5.45-6.45pm 2x 4laps 2x1 laps	8-9am 4x45-45 6x30-30 8x15-15	

Stretch every day

If no Hockey please do Circuits

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Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
7AM TID camp	TID camp	TID camp	TID camp	TID camp	8-9am 4x45-45 6x30-30 8x15-15	ICE
8pm-9pm Relays /5 laps						
31-Oct	01-Nov	02-Nov	03-Nov	04-Nov	05-Nov	06-Nov
YES WE HAVE ICE	Sheffield	Day Off	2x circuits 3 sets	off ice 4.15	8-10am 4x45-45 6x30-30 8x15-15	ICE
8pm-9pm Relays /5 laps Old and Past skaters Welcome				5.45-6.45pm 3x build ups 3x3 laps		
07-Nov	08-Nov	09-Nov	10-Nov	11-Nov	12-Nov	13-Nov
YES WE HAVE ICE	Sheffield	Day Off	2x circuits 2 sets	Off Ice 4.14	Competition Guildford	ICE
8pm-9pm Relays /5 laps Old and Past skaters Welcome				5.45-6.45pm 2x5x1.5 tat tat tat	8-9am 7x5 laps	
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
	Sheffield	Day Off	2x circuits 3 sets	off ice 4.15	Competition Sheffield	ICE
				5.45-6.45pm 2x 4laps 2x1 laps	8-9am 4x45-45 6x30-30 8x15-15	

Stretch every day

TRAINING PROGRAMME:		Nottm Ice	From:	28-Mar	To:	24-Apr
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
Run mix speed 5k	immos	Hill runs 1x10		5.45-6.45pm 5 x 2 laps	8-9am 5 x 7 laps	
Cord/ yoga	Bike 45 min	Cord/ yoga				
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan
	immos Ice	immos Ice	immos Ice	immos Ice	7.15 Cord/core 8-9am 2x 13 Laps 2x9 laps 2 x 5 laps	Run 5/10 k Cord/ yoga
		Bike 45 min	Bike 45 min	5.45-6.45pm 2x5x1.5 tat tat tat	Bike 45 min	
02-Jan	03-Jan	04-Jan	05-Jan	06-Jan	07-Jan	08-Jan
immos Ice	immos Ice	Interval run 1x10				
Ice Relays	Bike 45 min	Cord/ yoga	DAY OFF		BRITISH	CHAMPIONSHIPS
09-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
Rest	immos	Interval run 1x10		immos	7.15 Cord/core 8-9am 4x45-45 6x30-30 8x15-15	Run 10 k Cord/ yoga
Cord/ yoga	Bike 1 hour	Cord/ yoga		Off Ice 4.14 5.45-6.45pm 3x 4 laps 3 x1 laps	Bike 1 hour	
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
	immos	Interval run 1x10	Run 3k	Yoga		
No Ice Cord/ yoga	Bike 1 hour	Cord/ yoga	Travel	EYOF	EYOF	EYOF