

TRAINING PROGRAMME:

Nottm Ice

From:

05.March

To:

30.April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07-Jan	08-Jan	09-Jan	10-Jan	11-Jan	12-Jan	13-Jan
	7am -8am				pads on at 8.15am	
7.15-8.10pm	off ice			7.45-8.45pm		
Off ice	rink			5 x 2 man relay	8.30 -9.30am	
8.30-9.30pm	7.30-8.30pm	5.45-6.15pm		8 laps	2x 6.laps 4 laps 2 laps	
Relay	Rink	Skate uk				
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
	7am -8am				pads on at 8.40am	
7.15-8.10pm	off ice			7.45-8.45pm		
Off ice	rink			4 x 2 man relay	8.50 -9.45am	
8.30-9.30pm	7.30-8.30pm	5.45-6.15pm		2x 8 laps 2x 6 laps	4 laps	
Relay	Rink	Skate uk		STAR CLASS	LOMMEL	BELGIUM
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
	7am -8am				pads on at 8.15am	COMPETITION
7.15-8.10pm	off ice			7.45-8.45pm		
Off ice	rink			5 x 2 man relay	8.30 -9.30am	NOTTM
8.30-9.30pm	7.30-8.30pm	5.45-6.15pm		8 laps	2x 6.laps 4 laps 2 laps	
Relay	Rink	Skate uk		W JUNIOR C	W JUNIOR C	W JUNIOR C
28-Jan	29-Jan	30-Jan	31-Jan	01-Feb	02-Feb	03-Feb
	7am -8am				pads on at 8.15am	
	off ice					
	rink				8.30 -9.30am	
7.30-8.30pm	7.30-8.30pm	5.45-6.15pm		Public session	3x 3laps 3x2 laps	
Relay	home run	Skate uk			COMPETITION	
					GUILDFORD	

Nottm Web Site: nirc.info/

amanda.worth@national-ice-centre.com

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

EVERYONE IS WELCOME TO OFF ICE TRAINING