

TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
	6pm Run 5km Home	6-7pm rink concourse		5.45-6.45pm 2 build ups 3x3 corner dash	8-9am 2x9 laps 2x7 laps 2x 5laps	
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
	6pm Run 5km Home	6-7pm Home		5.45-6.45pm 4 x 4x 30 sec 30 sec	8-9am 5 x 8 laps	Fun Day promotion
01-Apr	02-Apr	03-Apr	04-Apr	05-Apr	06-Apr	07-Apr
	6pm Run 5km Home	6-7pm rink concourse		5.45-6.45pm Drills straights 2 x 8 laps	7.30-8.30 3 x 10 laps 3 x 5 laps	Competition Nottingham am
08-Apr	09-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
	6pm Run 5km Home	6-7pm rink concourse		everyone can take part in them. Even none NICR skaters 5.45-6.45pm Club Championships Beginners/ Relays	7.30-8.30 Drills Corners Taster 9.30-10.30	

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

Nottm Web Site: nirc.info/

Saturdays are now
changing to 7.30 start

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION