

TRAINING PROGRAMME:

Nottm Ice

From:

13-Feb

To:

12-Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
8pm -9pm Relays				5.45-6.45pm 6 x 5 laps	8-9am 6 x 7 laps	
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar
8pm -9pm Relays last one until Sept				5.45-6.45pm 2x5x1.5 tat tat tat	8-9am 2x 13 Laps 2x9 laps 2x5 laps	
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	01-Apr	02-Apr
					No Normal training	
				5.45-6.45pm 4 x 4 laps Starts	Competition Nottingham	
03-Apr	04-Apr	05-Apr	06-Apr	07-Apr	08-Apr	09-Apr
				5.45-6.45pm 6 x 2 laps	8-9am Tec	

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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