

TRAINING PROGRAMME:

Nottm Ice

From:

05.March

To:

30.April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
	7am -8am off ice rink					
No Ice	6.30-7.30pm Run at home	5.45-6.15pm Skate uk	Star	Dance Studio 7.15pm-8.15pm circuit Class	Pads on at 8.15am 8.30 -9.30am 5 x 7 laps Star Class	Lausanne
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
	7am -8am off ice rink					
No Ice	6.30-7.30pm Run at home	5.45-6.15pm Skate uk		Public Session 5.30-7.00pm	Pads on at 8.15am 8.30 -9.30am 5 x 5 laps Star Class	Lommel
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	01-Dec
	7am -8am off ice rink					
No Ice	6.30-7.30pm Run at home	5.45-6.15pm Skate uk		Public Session 5.30-7.00pm	Pads on at 8.15am 8.30-9.30am Drills + 6x5 laps Competition Solihull	
02-Dec	03-Dec	04-Dec	05-Dec	06-Dec	07-Dec	08-Dec
	7am -8am 1 to 1 lessons on ice					
8.30pm-9.30pm Relays	6.30-7.30pm Rink	5.45-6.15pm Skate uk		Dance Studio 7.15pm-8.15pm circuit	Pads on at 8.15am 8.30 -9.30am 5 x 10 laps	

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OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING