

TRAINING PROGRAMME:		Nottm Ice			From: 26-Sep		To: 23-Oct	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	01-Oct	02-Oct		
					Competition Guildford			
YES WE HAVE ICE								
8pm-9pm Relays /5 laps				5.45-6.45pm 5 x 2 laps	8-9am 4x45-45 6x30-30 8x15-15			
03-Oct	04-Oct	05-Oct	06-Oct	07-Oct	08-Oct	09-Oct		
					Camp BIS			
No Ice				5.45-6.45pm 3x build ups 3x3 laps	8-10am 7x5 laps lines			
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct		
					Competition Sheffield			
YES WE HAVE ICE								
8pm-9pm Relays /5 laps Old and Past skaters Welcome				5.45-6.45pm 2x5x1.5 tat tat tat	8-9am 7x5 laps 2 +overs in out corner			
17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct		
No Ice				5.45-6.45pm 2x 4laps 2x1 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