

TRAINING PROGRAMME:

Nottm Ice

From:

07.September

To:

04.October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07-Sep	08-Sep	09-Sep	10-Sep	11-Sep	12-Sep	13-Sep
6.00-7.00pm	6.00-7.00pm	6.40-7.10		5.45-6.45pm		5.15-6.15pm
Harvey Hadden	Holme Pierrepont	Skate uk		ICE		ICE
roller skate 6x 1 lap rest 3 min	Run/Bike	Drills book through the rink		7 X 5 laps/drills		7 x 5 laps/drills
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
6.00-7.00pm	6.00-7.00pm	6.40-7.10		5.45-6.45pm		5.15-6.15pm
Harvey Hadden	Holme Pierrepont	Skate uk		ICE		ICE
roller skate 6x 1 lap rest 3 min	Run/Bike	Drills		7 X 7 laps/drills		7 x 7 laps/drills
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
6.00-7.00pm	6.00-7.00pm	6.40-7.10		5.45-6.45pm		4.45-5.45
Harvey Hadden	Holme Pierrepont	Skate uk		ICE		ICE
roller skate 8x 1 lap rest 3 min	Run/Bike	Drills		7 X 5 laps/drills		7 x 5 laps/drills
28-Sep	29-Sep	30-Sep	01-Oct	02-Oct	03-Oct	04-Oct
6.00-7.00pm	6.00-7.00pm	6.40-7.10		5.45-6.45pm		4.45-5.45
Harvey Hadden	Holme Pierrepont	Skate uk		ICE		ICE
roller skate 8x 1 lap rest 3 min	Run/Bike	Drills		7 X 7 laps/drills		7 x 7 laps/drills

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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