

## TRAINING PROGRAMME:

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
04-Sep	05-Sep	06-Sep	07-Sep	08-Sep	09-Sep	10-Sep
				<b>TRIALS</b> Selection		
	6pm Holme Perpont Bike	6-7pm Ice Rink concourse		5.45-6.45pm 3 x build ups 3 x 4 laps	8-9am 7 x 7 laps	
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
	6pm Holme Perpont Bike	6-7pm Ice Rink concourse		5.45-6.45pm 3 x build ups 3 x 3 laps	8-9am 3x 10 laps 3 x 5 laps	
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
	6pm Holme Perpont Bike	6-7pm Ice Rink concourse		5.45-6.45pm 3 x build ups 3 x 2 laps	8-9am 7 x 5 laps	
					<b>Guildford</b> competition	
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	01-Oct
	6pm Holme Perpont Bike	6-7pm <b>HOME</b>		5.45-6.45pm 3 x Build ups 3 x 2 Laps 3 x 1 lap	8-9am 7 x 7 laps	

OFF ICE SESSIONS

ICE SESSIONS

COMPETITIONS

TIME CHANGE

Nottm Web Site: [nirc.info/](http://nirc.info/)**EVERYONE IS WELCOME TO OFF ICE TRAINING****EVERYONE IS WELCOME TO EVERY ON ICE SESSION**