

Chris Murray

PLEASE PAY ON-LINE

TRAINING PROGRAMME: June-July

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01-Jun	02-Jun	03-Jun	04-Jun	05-Jun	06-Jun	07-Jun
8:30-9:30pm	Cycling			5.45-6.45pm	7.30-8.30am	
Relays	Holme Pierrepont 6-7pm 6 laps	Hill Run intervals		6x5 in lap Drills [Straights] 1x111m	6x5 in lap Drills [Corners] 8:45-9.05am	
		Home 5 x 30 sec, 2 sets			Skating Imitations	
08-Jun	09-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
8:30-9:30pm	Cycling			5.45-6.45pm	7.30-8.30am	
Relays	Holme Pierrepont 6-7pm 6 laps	Run 5 km		Drills - Circles	Drills - Straights Starts 8:45-9.05am	
		Home			Skating Imitations	
15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
8:30-9:30pm	Cycling			5.45-6.45pm	7.30-8.30am	
Relays	Holme Pierrepont 6-7pm 6 laps	Hill Run intervals		6x5 in lap Drills [Straights] 1x111m	6x5 in lap Drills [Corners] 8:45-9.05am	
		Home 5 x 30 sec, 2 sets			Skating Imitations	
22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
8:30-9:30pm	Cycling			5.45-6.45pm	7.30-8.30am	
Relays	Holme Pierrepont 6-7pm 6 laps	Run 5 km		Drills - Circles	Drills - Straights Starts 8:45-9.05am	
		Home			Skating Imitations	
29-Jun	30-Jun	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul
No Ice	Cycling			5.45-6.45pm	7.30-8.30am	
	Holme Pierrepont 6-7pm 6 laps	Hill Run intervals		6x5 in lap Drills [Straights] 1x111m	6x5 in lap Drills [Corners] 8:45-9.05am	
		Home 5 x 30 sec, 2 sets			Skating Imitations	

OFF ICE SESSIONS

ICE SESSIONS

Domestic  
Competitions

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Nottm Web Site: [nirc.info/](http://nirc.info/)

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION