

Chris Murray

PLEASE PAY ON-LINE

TRAINING PROGRAMME: July - August

Nottm Ice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06-Jul	07-Jul	08-Jul	09-Jul	10-Jul	11-Jul	12-Jul
8:30-9:30pm Relays	Cycling Holme Pierrepont 6-7pm 6 laps	Hill Run intervals Home 5 x 30 sec, 2 sets		5.45-6.45pm 5x5 in lap Drills [Corners] 1x111m	7.30-8.30am 5x5 in lap Drills [Straights] 8:45-9.05am Skating Imitations	
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
8:30-9:30pm Relays	Cycling Holme Pierrepont 6-7pm 6 laps	Run 5 km Home		5.45-6.45pm 5x5 in lap Drills [Straights]	7.30-8.30am tat-tat-tat Starts 8:45-9.05am Skating Imitations	
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
8:30-9:30pm Relays	Cycling Holme Pierrepont 6-7pm 6 laps	Hill Run intervals Home 5 x 30 sec, 2 sets		5.45-6.45pm 5x7 in laps Long Overtakes	7.30-8.30am 45-45, 30-30, 15-15 timed intervals 8:45-9.05am Skating Imitations	
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	01-Aug	02-Aug
NO ICE	Cycling Holme Pierrepont 6-7pm 6 laps	Run 5 km Home		NO ICE	NO ICE Oberstdorf Summer Camp, GER	
03-Aug	04-Aug	05-Aug	06-Aug	07-Aug	08-Aug	09-Aug
NO ICE	Cycling	Oberstdorf Summer Camp, GER				
	Holme Pierrepont 6-7pm 6 laps	Hill Run intervals Home 5 x 30 sec, 2 sets				Font-Romeu Camp

OFF ICE SESSIONS

ICE SESSIONS

Domestic
Competitions

Live-Stream + International
comps

Nottm Web Site: nirc.info/

EVERYONE IS WELCOME TO OFF ICE TRAINING

EVERYONE IS WELCOME TO EVERY ON ICE SESSION