

Chris Murray

PLEASE PAY ON-LINE

TRAINING PROGRAMME: July - August		Nottm Ice					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	
NO ICE	Cycling			5.45-6.45pm	7.30-8.30am		
	Holme Pierrepont			7x3 laps (build ups)	5x7 laps (Lines)		
	6-7pm	Hill Run intervals			8:45-9.05am		
	6 laps	Home			Skating Imitations		
Font-Romeu Camp (FR)							
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	
NO ICE	Cycling			5.45-6.45pm	7.30-8.30am		
	Holme Pierrepont			Pack Drills	2 laps from whistle		
	6-7pm	Run 5 km		(overtaking)	8:45-9.05am		
	6 laps	Home			Skating Imitations		
24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	
NO ICE	Cycling			5.45-6.45pm	7.30-8.30am		
	Holme Pierrepont			Pyramids	Corner drills		
	6-7pm	Hill Run intervals		7-10-15-10-7	1 lap races		
	6 laps	Home			8:45-9.05am		
							Skating Imitations
31-Aug	01-Sep	02-Sep	03-Sep	04-Sep	05-Sep	06-Sep	
NO ICE	Cycling			5.45-6.45pm	7.30-8.30am		
	Holme Pierrepont			Straight drills	Reverse Pyramids		
	6-7pm	Run 5 km		1 lap races	13-9-7-9-13		
	6 laps	Home			8:45-9.05am		
							Skating Imitations
07-Sep	08-Sep	09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	
NO ICE	Cycling			5.45-6.45pm	7.30-8.30am		
	Holme Pierrepont			tat-tat-tat	5x7 laps		
	6-7pm	Hill Run intervals			long overtakes		
	6 laps	Home			8:45-9.05am		
							Skating Imitations

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