

Chris Murray

PLEASE PAY ON-LINE

TRAINING PROGRAMME: Sept-Oct

Nottm Ice

Nottm Web Site: nirc.info/

MON	TUE	WED	THU	FRI	SAT	SUN
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
NO ICE	Cycling	Hill Run intervals		5.45-6.45pm	7.30-8.30am	
	Holme Pierrepont 6-7pm 6 laps	Home 5 x 30 sec, 2 sets		tat-tat-tat	5x7 laps (Lines)	
					8:45-9.05am	
					Skating Imitations	
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
NO ICE	Cycling	Run 5 km		5.45-6.45pm	7.30-8.30am	
	Holme Pierrepont 6-7pm 6 laps	Home		7-10-15-10-7 Pyramids	7x3 lap build ups	
					8:45-9.05am	
					Skating Imitations	
					Guildford Comp.	
Sanok Open (POL)						
28-Sep	29-Sep	30-Sep	01-Oct	02-Oct	03-Oct	04-Oct
NO ICE	Indoor Cycling	Hill Run intervals		5.45-6.45pm	7.30-8.30am	
	@ Home	Home 5 x 30 sec, 2 sets		Big lap small lap switching	4-2-4	
					Effort-Coast-Effort	
					8:45-9.05am	
					Skating Imitations	
Dutch Open, Heerenveen (NED)						
05-Oct	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct	11-Oct
NO ICE	Indoor Cycling	Run 5 km		5.45-6.45pm	7.30-8.30am	
	@ Home	Home		Overtaking drills 5x7 laps	15-10-7-10-15 Pyramids	
					8:45-9.05am	
					Skating Imitations	
					Hanse Cup, Rostock (GER)	
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
NO ICE	Indoor Cycling	Hill Run intervals		5.45-6.45pm	7.30-8.30am	Sheffield Comp.
	@ Home	Home 5 x 30 sec, 2 sets		2 laps from the whistle	5x9 laps (Lines)	
					8:45-9.05am	
					Skating Imitations	
OFF ICE SESSIONS everyone welcome		ICE SESSIONS everyone welcome		Domestic Competitions		Live-Stream + NIRC @ International comps