

May 2025 Schedule

Tuesday	28th April	6.00 Gym more experienced	6.45 am Core On line https://us05web.zoom.us/j/828919836367 www.youtube.com/watch?v=U0ZLRDshYvVZa98	Para Session 9.30 contact Tim				18.00 - 19.30 Club Session Big Lake 4 x 3K plus 1 x 1000m with a turn
Wednesday	29th April	Paddle More experienced (15 seconds max 30 seconds hard alternately in pairs with no break x 3 each) 3 mins rest x 2 or 3 sets Then on way back: Alternate 1min 30 technical drills and 1 min 30 cap.	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 - 11.30 contact Tim			17.30 -19.30 Paddle - Everyone welcome Club Session Session announced on the Day
Thursday	30th April	Paddle more experienced Paddle 3 mins on 2 mins off x 6 Aiming for even speed and nose breathing	7.50 Paddle more experienced Contact Tristan				17.30 -19.00 1200s around footbridge. Session TBC Div 8 and faster. Contact Tim	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday	1st May	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim						
Saturday	2nd May	7.30 - 9.30 Paddle Mixed Ability K4 3 mins on 2 off x 10 Arrive in good time to get in a K4!	10.00 - 12.00 Paddle Everyone welcome Top Group on Water 10.15 - they can paddle at 7.30 in K4!	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	Marathon K1 Assessment Race Nottingham For Euros Enter here: https://entries.gbcanoe marathon.co.uk/entries			
Sunday	3rd May	National Short Course Championships Enter here: https://entries.gbcanoe marathon.co.uk/entries		9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome K1, K2, Canoe or SUP) contact Jan			
Monday	4th May	10.00 SUP Yoga with Jan A						17.30 - 19.00 Paddle 600m x 6 Little Broad Contact Tom W Div 8 and faster
Tuesday	5th May	Paddle More experienced 12 K CAP	6.45 am Core On line https://us05web.zoom.us/j/828919836367 www.youtube.com/watch?v=U0ZLRDshYvVZa98	Para Session (TBC) 9.30 contact Tim				18.00 - 19.30 Club Session 1500m starts x 6
Wednesday	6th May	6.30am - 7.30 Juniors and Seniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Sessions 9.00am - 11.30 contact Tim			Paddle More Experienced 8 x 1000 2 mins rest	17.30 - 19.00 Paddle Session TBC
Thursday	7th May	Paddle more experienced Paddle 3 mins on 2 mins off x 5 Aiming for even speed and nose breathing	6.45 am Core On line https://us05web.zoom.us/j/828919836367 www.youtube.com/watch?v=U0ZLRDshYvVZa98	7.50 Paddle more experienced Contact Tristan			17.30 -19.00 1200s around footbridge. Contact Tom W Div 8 and faster	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All
Friday	8th May	6.30am - 7.30am Paddle Technical session Everyone welcome contact Tim						
Saturday	9th May	7.30 - 9.30 Paddle (30s on 30off x 5) x 6 plus paddleback	9.30 SUP beginners and intermediate skills with Jan A	10.00 - 12.00 Paddle Everyone welcome Top Group on Water 10.15 (30s on 30off x 5) x 6 plus paddleback	11.45 Juniors Gym 20 x Pull Ups	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	13.00 - 15.00 TBC Learn to Kayak Course All ages	
Sunday	10th May	Paddle more experienced 25K CAP	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	Technical filming from launch One to one technical video analysis from launch Open to all but booking required - cost £5 pp for fuel 20 min slots. More details for follow.				
Monday	11th May							17.30 - 19.00 Paddle 600m x 6 Little Broad Contact Tom W Div 8 and faster
Tuesday	12th May	Gym More experienced	6.45 am Core On line https://us05web.zoom.us/j/828919836367 www.youtube.com/watch?v=U0ZLRDshYvVZa98	Para Session (TBC) 9.30 contact Tim				18.00 - 19.30 Club Session 10K Race
Wednesday	13th May	Paddle More experienced (15 seconds max 30 seconds hard alternately in pairs with no break x 3 each) 3 mins rest x 2 or 3 sets Then on way back: Alternate 1min 30 technical drills and 1 min 30 cap.	6.30am - 7.30 Juniors Gym	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	9.00am - 11.30 Para Sessions contact Tim			17.30 - 19.00 Paddle TBC

Thursday	14th May	Paddle more experienced Paddle 3 mins on 2 mins off x 5 Aiming for even speed and nose breathing	6.45 am Core On line https://us06web.zoom.us/j/828919836367 www.thyvwvsue.vzwebinars.com/join?pwd=U0ZLRDdhYVZjZG8				17.30 - 19.00 1200s around footbridge. Contact Tom W Div 8 and faster	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	
Friday	15th May	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome	6.30am - 7.30 More experienced juniors and Seniors Gym						
Saturday	16th May	7.30 - 9.30 Paddle 8 minutes in pairs (2 minute leads x 2 each)	10.00 - 12.00 Paddle Everyone welcome Top Group on Water 10.15 8 minutes in pairs (2 minute leads x 2 each)	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	10.30 - 12.00 Norwich Canoe Club water safety training morning This can be used to gain CPD points for coaches.	11.45 Juniors Gym 20 x Pull Ups	13.00 - 16.00 Norwich Canoe Club Safeguarding Course (Run by Active Norfolk) (Now full)	13.00 - 15.00 TBC Learn to Kayak Course All ages	Nottingham Sprint Entry Deadline
Sunday	17th May	<p style="text-align: center;">Norwich Hasler Everyone can race!!!! Enter here: https://entries.gbcanoeamrathon.co.uk/entries See Matthew Lodge if you can help</p>							
Monday	18th May							17.30 - 19.00 Paddle 600m x 6 Little Broad Contact Tom W Div 8 and faster	
Tuesday	19th May	Gym More experienced	6.45 am Core On line https://us06web.zoom.us/j/828919836367 www.thyvwvsue.vzwebinars.com/join?pwd=U0ZLRDdhYVZjZG8	Para Session (TBC) 9.30 contact Tim				18.00 - 19.30 Club session Time Trial 4 x Round the Island K2 and K1 1. Individual Fastest First 2. pairs 3. threes 4 groups	
Wednesday	20th May	Paddle More experienced (15 seconds max 30 seconds hard alternately in pairs with no break x 3 each) 3 mins rest x 2 or 3 sets Then on way back: Alternate 1min 30 technical drills and 1 min 30 cap.	6.30am - 7.30 Juniors Gym	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 2x) Everyone welcome	9.00am - 11.30 Para Sessions contact Tim			17.00 - 19.00 Paddle - Everyone welcome Club Session 3K Time Trial and then Little Broad	
Thursday	21st May	6.45 am Core On line https://us06web.zoom.us/j/828919836367 www.thyvwvsue.vzwebinars.com/join?pwd=U0ZLRDdhYVZjZG8					17.30 - 19.00 1200s around footbridge. Contact Tom W Div 8 and faster	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All	
Friday	22nd May	6.30am - 7.30am Paddle Technical session on Little Lake Everyone welcome					SUP Yoga 5.30 with Jan A		
Saturday	23rd May	7.30 - 9.30 Paddle Pairs Each lead one effort then rest one effort on the wash 1000m x 2 200m x 2 500m x 4 1000m x 2 1 min rest between efforts - 2 mins when changing distances plus paddle-back	10.00 - 12.00 Paddle Everyone welcome Top Group on Water 10.15 Pairs Each lead one effort on the wash 1000m x 2 200m x 2 500m x 4 1000m x 2 1 min rest between efforts - 2 mins when changing distances plus paddle-back	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	11.45 Juniors Gym 20 x Pull Ups	13.00 - 15.00 TBC Learn to Kayak Course All ages	Marathon K2 Assessment Race Elmbridge Euros K2		
Sunday	24th May	<p style="text-align: center;">Bedford Hasler Everyone can race!!!! Enter here: https://entries.gbcanoeamrathon.co.uk/entries See Matthew Lodge</p>							
Monday	25th May Half term	10.00 SUP Yoga with Jan A		9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome K1, K2, Canoe or SUP) contact Jan	Junior learn to kayak course 9.30 - 11.30 Family learn to kayak course: 12:30-14:30 Over 60s course 15.00 - 17.00		17.30 - 19.00 Paddle 600m x 6 Little Broad Contact Tom W Div 8 and faster	
Tuesday	26th May Half term	Paddle More Experienced 5 x 500m with 3 mins rest plus balance drills and nose breathing	6.45 am Core On line https://us06web.zoom.us/j/828919836367 www.thyvwvsue.vzwebinars.com/join?pwd=U0ZLRDdhYVZjZG8	Para Session (TBC) 9.30 contact Tim	9.30 - 11.30 Junior learn to kayak course 12:30-14:30 Family learn to kayak course: 12:30-14:30 Over 60s course 15.00 - 17.00	14.30 - 17.00 Juniors Training Afternoon running into evening session contact Tim	18.00 - 20.00 Paddle Races to Places Mixed Ability K2 1st) 1 2nd Railway Bridge to Black sign 2nd) Road Bridge to Farm Then Paddle to Bramerton 3rd) Bramerton to Road Bridge 4th) Black sign to railway bridge closest to home		
Wednesday	27th May Half term	Paddle More Experienced 5 x 300m with 3 mins rest plus balance drills and nose breathing	6.30am Paddle Pyramid (or 2x) 8-6-4-2-1-2-4-6-8 Everyone welcome	9.00 am - 12 Para Session	9.30 - 11.30 Junior learn to kayak course 12:30-14:30 Family learn to kayak course: 12:30-14:30 Over 60s course 15.00 - 17.00	14.30 - 17.00 Juniors Training Afternoon running into evening session contact Tim	17.30 - 19.00 Paddle TBC		
Thursday	28th May Half term	Paddle More Experienced 5 x 100m with 3 mins rest plus balance drills and nose breathing	6.45 am Core On line https://us06web.zoom.us/j/828919836367 www.thyvwvsue.vzwebinars.com/join?pwd=U0ZLRDdhYVZjZG8	9.30 - 12.00 Juniors Training Morning Contact Tim		17.30 - 19.00 1200s around footbridge. Contact Tom W Div 8 and faster	17.30 - 18.30 Pilates Main Room with Eli Hayward Open to All		
Friday	29th May Half term	7.30am - 8.30am Paddle Technical session on Little Lake Everyone welcome					17.30 SUP Yoga with Jan A		

Saturday	30th May Half term	7.30 - 8.30 Paddle Not a Pyramid 8-8-6-6-4-4-2-2- 1-1-8-8 1 or 2 mins rest Everyone welcome	10.00 - 12.00 Everyone welcome Top Group on Water 10.15 Paddle 8-6-6-4-4-2-2 1-1-8 1 or 2 mins rest	10.00 - 12.00 Refresher Session! contact Louise These Saturday sessions are aimed at members who did a course last year (but anyone can join) who want to build confidence before they join the main sessions.	11.45 Juniors Gym 20 x Pull Ups	Nottingham Sprint Regatta Selection for Junior and Under 23 Euros Crew Boats, senior pool for World Cups			
Sunday	31st May	8.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome K1, K2, Canoe or SUP) contact Jan	Nottingham Sprint Regatta Selection for Junior and Under 23 Euros Crew Boats, senior pool for World Cups					
Monday	1st June	8.30am Paddle more experienced 15K CAP	SUP Yoga 10.00 with Jan A					17.30 - 19.00 Paddle 600m x 6 Little Broad Contact Tom W Div 8 and faster	

Colour Code

Club Session open to everyone If you paddle once or twice a week - come to these sessions	Club Session more experienced If you are doing two sessions and would like to move on - talk to someone about coming to these sessions in addition	Juniors Training Days (either at the Club or elsewhere)	Junior sessions open to all juniors	Para Sessions	Adults Paddle and Crew Boat sessions	Seniors and Veterans
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Colour Code Continued

Intermediate adults paddle	Races	Special Events	International Races that require selection	International Club Trips	Actions (off water)	Social Paddles
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Cross Training	Adults Technical with Jan	Gym For Seniors and Veterans	Younger Juniors Games	Core 1 Gym More Experienced	Core 2 for All Main Rom With Lisa Hayward Open to All	Courses or sessions run by the club for external paddlers
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