Reading Canoe Club - Winter Plan 25/26

Monday			Tuesday			Wednesday			Thursday			Friday				Saturday				Sunday			
Ergo	Gym	Hall	Ergo	Gym	Hall	Ergo	Gym	Hall	Ergo	Gym	Hall	Water	Ergo	Gym	Hall	Water	Ergo	Gym	Hall	Water	Ergo	Gym	Hall
			6:30- 7:30 Perf/Dev and CRAP	6:30- 7:30 Early Birds		6:50 CRAP SWIM Rivermean			6:30- 7:30 Perf/Dev and CRAP	6:30- 7:30 Early Birds													
			And CRAP						And CRAP														
																8:00- 9:30 Performance/Development and CRAP			8:30-9:00 Core	8:00- 9:30 Performance/Development and CRAP			
												9:00- 10:30 Uncoached Paddle and Cake				9:00- 10:30 Pigs and Pigs Plus Water or Ergos				9:00- 10:30 NITS and PIGs Plus longer Paddles			
																9:15- 10:30 NITS Paddle							
																10:30- 11:30 Performance/Development							
																11:00- 12:00 Greenham/Boatman Paddle or Ergo - Flexi							
																		16:00- 17:30 CRAP Open Gym					
16:15- 17:30 Performance/ Development			16:15- 17:30 Performance/ Development			16:15- 17:15 Performance/ Development			16:15- 17:30 Flexi Performance/ Development		16:15- 17:30 Flexi Performance/ Development												
		17:15- 18:30 Greenham and Boatman Session																					
17:30- 18:30 Nigel's Ergo	17:30- 18:30 Performance/ Development		17:30- 18:30 Nigel's Ergo		17:30- 18:30 Perf/Dev Run and Core	17:15- 18:15 Greenham/ Boatman	17:30- 18:30 Performance/ Development			17:30- 18:30 Performance/ Development													
18:30-19:30 Nigel's Ergo	18:30- 20:00 Adults Circuits		18:30-19:30 Nigel's Ergo	18:30-20:00 CRAP Gym		18:30- 20:00 Adult Intensity session			18:30- 19:30 PIGS Tech Session	18:30-20:00 CRAP Gym	18:15 - 19:30 Brian's Circuits												
						And CRAP																	