

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Oct CKBC Fall Conference WHISTLER	30-Oct 3:30-5:30 Beginners 3:30-5:30 Dev. Technical	31-Oct Lynn is away OFF	01-Nov Lynn is away 3:30-5:30 Dev. 12-14km Steady w/ Dick on water 200 abs 75 push-ups	02-Nov SWIM 6 x 200m	03-Nov Lynn is away 3:30-5:30 Dev. 2 x 6km 80% w/ Dick on water	04-Nov Lynn is away INDIVIDUAL 45 min Run 45 min Stretching 300 abs 100 push-ups
5 Sunday Run/Paddle 9:30 Run 10:30 Paddle All welcome BCKC SOCIAL AWARDS NIGHT 6-8pm at Burnaby Lake Pavilion	6 3:30-5:30 Beginners 3:30-5:30 Dev. 2km warm-up 2 x 5', 80% 2 x (10 x 30"/30"R) 1-2 km cool down Abs & push-ups	7 6:30-8:30pm Mercer Stadium & Physio Warm-up run 4 x 1200m (70%,80%,90%,70%)	8 12-1pm Masters 3:30-5:30 Dev. 12 km Tech 1st 4km w/resistor Focus on trunk twist 5:30-7pm Dev. Weights - 8 Rinks	9 SWIM 200m warm up 3 x 200m 6 x 100m	10 3:30-5:30 Dev. 6 x 6', 2'R (70/80/90) 5:30-7pm Dev. Weights - 8 Rinks	11 Masters & Dev 9-12:30 Paddle & Run 3 x 4km Paddle varying intensity 45 min Run
12 Sunday Run/Paddle 9:30 Run 10:30 Paddle All welcome WAR CANOE 12-1pm w/ False Creek ALL INVITED To be confirmed	13 3:30-5:30 Beginners 3:30-5:30 Dev. 2km warm-up 2 x 5', 80% 2 x (10 x 30"/30"R) 1-2 km cool down 5:30-7pm Dev. Weights - 8 Rinks	14 6:30-8:30pm Mercer Stadium & Physio Warm-up run 1 x 2km, 1 x 1200m, 1 x 800m *aiming for same pace every 400m	15 12-1pm Masters 3:30-5:30 Dev. 4 x 2km Broken 1,3 (70/80/70/70) 2,4 (70/90/70/90) 5:30-7pm Dev. Weights - 8 Rinks	16 SWIM 200m warm up 2 x 400m 2 x 300m 2 x 200m	17 Boat Loading TBA 3:30-5:30 Dev. 8km steady every 3', up for 15" 5:30-7pm Dev. Weights - 8 Rinks	18 LONG DISTANCE REGATTA FLCC
19 Sunday Run/Paddle 9:30 Run 10:30 Paddle All welcome Fall Classic Run UBC 5km or 10km	20 3:30-5:30 Beginners 3:30-5:30 Dev. 2km warm-up 2 x 5', 80% 3 x (10 x 30"/30"R) 1-2 km cool down 5:30-7pm Dev. Weights - 8 Rinks	21 6:30-8:30pm Mercer Stadium & Physio Warm-up run 5 x 800m (300m @70%, 100m @ 90%)	22 12-1pm Masters 3:30-5:30 Dev. 4 x (4',1',4',1') 1/2 R, 80%/90% 5:30-7pm Dev. Weights - 8 Rinks	23 SWIM 200m warm up 100 pacing	24 3:30-5:30 Dev. 15',10',5',10',15' 90% 3-4'R 5:30-7pm Dev. Weights - 8 Rinks	25 Masters & Dev 9-12:30 Paddle & Run 5 x 2km Paddle varying intensity 45 min Run BCKC FUNDRAISER Firefighters Club arrive before 7pm
26 Sunday Run/Paddle 9:30 Run 10:30 Paddle All welcome	27 3:30-5:30 Beginners 3:30-5:30 Dev. 2km warm-up 2 x 5', 80% 1 x (10 x 30"/30"R) 1-2 km cool down 5:30-7pm Dev. Weights - 8 Rinks	28 6:30-8:30pm Mercer Stadium & Physio Warm-up run 400m pacing	29 12-1pm Masters 3:30-5:30 Dev. 12 km Tech 1st 4km w/resistor Focus on trunk twist 5:30-7pm Dev. Weights - 8 Rinks	30 NO SWIMMING!	01-Dec 3:30-5:30 Dev. 12km Tech Drills 5:30-7pm Dev. Weights - 8 Rinks	02-Dec Masters & Dev 9-12:30 Paddle & Run 2 x 6km Paddle 80% 45 min Run