



**SUMMER 2018**

**Div 1-3 Paddlers**

**Div 4-7 Paddlers**

**Div 8-9 Paddlers**

	Thu	03/05/18	58	58	58	THR: 4(2',3',4',3',2'/1'r)/4'r; SR=75-80; %HR=85-90%	THR: 3(2',3',4',3',2'/1'r)/4'r; SR=75-80; %HR=85-90%	THR: 2(2',3',4',3',2'/1'r)/4'r; SR=75-80; %HR=85-90%	
	Fri	04/05/18		57			THR: 4(4'/1'r);4(3'/1'r);4(2'/1'r)/2'r; SR=75-80; %HR=85-90%		
	Sat	05/05/18	50	50	50	THR: 3(1',2',4',6',4',2',1'/1'r)/4'r; SR=75-80; %HR=85-90%	THR: 3(2',4',6',4',2'/1'r)/4'r; SR=75-80; %HR=85-90%	THR: 2(1',3',5',3',1'/1'r)/4'r; SR=75-80; %HR=85-90%	Elmbridge Sprints
	Sun	06/05/18	27	27	24	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 12km; SR=65-70; %HR=75-85%	
19	Mon	07/05/18							
	Tue	08/05/18	79	79	79	SRP1: 4(3'/1'rx5)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx4)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx3)/3'r; SR=80-95; %HR=90-95%	
	Wed	09/05/18							
	Thu	10/05/18	76	76	76	SRP1: 5(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 3(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	
	Fri	11/05/18		78			SRP1: 10(3'/3'r); SR=80-95; %HR=90-95%		
	Sat	12/05/18	77	77	77	SRP1: 14(2'/2'r); SR=80-95; %HR=90-95%	SRP1: 12(2'/2'r); SR=80-95; %HR=90-95%	SRP1: 10(2'/2'r); SR=80-95; %HR=90-95%	
	Sun	13/05/18	27	27	24	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 12km; SR=65-70; %HR=75-85%	
20	Mon	14/05/18							
	Tue	15/05/18	86	86	86	SRP2: 12(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 10(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 8(500m/2'r); SR=90-105; %HR=90-95%	
	Wed	16/05/18							
	Thu	17/05/18	87	87	87	SRP2: 5(2'/2'r);5(1'/1'r);5(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 4(2'/2'r);4(1'/1'r);4(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 3(2'/2'r);3(1'/1'r);3(30"/1'r); SR=90-105; %HR=90-95%	
	Fri	18/05/18		89			SRP2: 8(2'/2'r); SR=90-105; %HR=90-95%		
	Sat	19/05/18	115	115	115	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	BC3 H&H
	Sun	20/05/18	1	1	1	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	BC3 Hasler
21	Mon	21/05/18							
	Tue	22/05/18	79	79	79	SRP1: 4(3'/1'rx5)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx4)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx3)/3'r; SR=80-95; %HR=90-95%	
	Wed	23/05/18							
	Thu	24/05/18	76	76	76	SRP1: 5(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 3(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	
	Fri	25/05/18		78			SRP1: 10(3'/3'r); SR=80-95; %HR=90-95%		
	Sat	26/05/18	139	139	78	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SRP1: 8(3'/3'r); SR=80-95; %HR=90-95%	
	Sun	27/05/18	1	1	1	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	Reading Circuit
22	Mon	28/05/18							
	Tue	29/05/18	57	57	57	THR: 5(4'/1'r);5(3'/1'r);5(2'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 4(4'/1'r);4(3'/1'r);4(2'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 3(4'/1'r);3(3'/1'r);3(2'/1'r)/2'r; SR=75-80; %HR=85-90%	
	Wed	30/05/18							
	Thu	31/05/18	61	61	61	THR: 2(3'/1'r x6)/4'r; SR=75-80; %HR=85-90%	THR: 2(3'/1'r x5)/4'r; SR=75-80; %HR=85-90%	THR: 2(3'/1'r x4)/4'r; SR=75-80; %HR=85-90%	
	Fri	01/06/18		64			THR: 12(3'/1'r); SR=75-80; %HR=85-90%		

**SUMMER 2018**

**Div 1-3 Paddlers**

**Div 4-7 Paddlers**

**Div 8-9 Paddlers**

	Sat	02/06/18	62	62	62	THR: 5(1',2',3',2',1'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 4(1',2',3',2',1'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 3(1',2',3',2',1'/1'r)/2'r; SR=75-80; %HR=85-90%	
	Sun	03/06/18	27	27	24	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 12km; SR=65-70; %HR=75-85%	
23	Mon	04/06/18							
	Tue	05/06/18	79	79	79	SRP1: 4(3'/1'rx5)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx4)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(3'/1'rx3)/3'r; SR=80-95; %HR=90-95%	
	Wed	06/06/18							
	Thu	07/06/18	76	76	76	SRP1: 5(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 3(5',3',1'/1'r)/3'r; SR=80-95; %HR=90-95%	
	Fri	08/06/18		77			SRP1: 12(2'/2'r); SR=80-95; %HR=90-95%		
	Sat	09/06/18	78	78	78	SRP1: 12(3'/3'r); SR=80-95; %HR=90-95%	SRP1: 10(3'/3'r); SR=80-95; %HR=90-95%	SRP1: 8(3'/3'r); SR=80-95; %HR=90-95%	
	Sun	10/06/18	27	27	24	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 12km; SR=65-70; %HR=75-85%	
24	Mon	11/06/18							
	Tue	12/06/18	92	92	92	SRP2: 8(45"/45"r x6)/4'r; SR=90-105; %HR=90-95%	SRP2: 6(45"/45"r x6)/4'r; SR=90-105; %HR=90-95%	SRP2: 4(45"/45"r x4)/4'r; SR=90-105; %HR=90-95%	
	Wed	13/06/18							
	Thu	14/06/18	98	98	98	SRP2: 4[(1'30"/1'30"r x5)]/3'r; SR=90-105; %HR=90-95%	SRP2: 4[(1'30"/1'30"r x4)]/3'r; SR=90-105; %HR=90-95%	SRP2: 2[(1'30"/1'30"r x6)]/3'r; SR=90-105; %HR=90-95%	
	Fri	15/06/18		88			SRP2: 4(2'/1'r x4)/3'r; SR=90-105; %HR=90-95%		
	Sat	16/06/18	115	115	115	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	BC3 H&H
	Sun	17/06/18	1	1	1	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	<b>n/a: RACE; SR=var; %HR=99-100%</b>	Wokingham
25	Mon	18/06/18							
	Tue	19/06/18	39	39	39	CAP2: 2(6'/1'rx5)/4'r; SR=65-70; %HR=75-85%	CAP2: 2(6'/1'rx4)/4'r; SR=65-70; %HR=75-85%	CAP2: 2(6'/1'r x3)/4'r; SR=65-70; %HR=75-85%	
	Wed	20/06/18							
	Thu	21/06/18	41	41	41	CAP2: 2(4'/1'r x7)/2'r; SR=65-70; %HR=75-85%	CAP2: 2(4'/1'r x6)/2'r; SR=65-70; %HR=75-85%	CAP2: 2(4'/1'r x5); SR=65-70; %HR=75-85%	
	Fri	22/06/18		42			CAP2: 3(3'/1'r x5)/4'r; SR=65-70; %HR=75-85%		
	Sat	23/06/18	40	40	40	CAP2: 12(5'/1'r); SR=65-70; %HR=75-85%	CAP2: 10(5'/1'r); SR=65-70; %HR=75-85%	CAP2: 8(5'/1'r); SR=65-70; %HR=75-85%	
	Sun	24/06/18	27	27	24	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 12km; SR=65-70; %HR=75-85%	
26	Mon	25/06/18							
	Tue	26/06/18	51	51	51	THR: (1',2',3',4',5',6',5',4',3',2',1'/2'r); SR=75-80; %HR=85-90%	THR: (2',3',4',5',6',5',4',3',2'/2'r); SR=75-80; %HR=85-90%	THR: (2',3',4',5',4',3',2'/2'r); SR=75-80; %HR=85-90%	
	Wed	27/06/18							
	Thu	28/06/18	53	53	53	THR: 4(5'/1'r);4(4'/1'r);4(3'/1'r); SR=75-80; %HR=85-90%	THR: 3(5'/1'r);3(4'/1'r);3(3'/1'r); SR=75-80; %HR=85-90%	THR: 3(4'/1'r);3(3'/1'r);3(2'/1'r); SR=75-80; %HR=85-90%	
	Fri	29/06/18		58			THR: 3(2',3',4',3',2'/1'r)/4'r; SR=75-80; %HR=85-90%		
	Sat	30/06/18	57	57	57	THR: 5(4'/1'r);5(3'/1'r);5(2'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 4(4'/1'r);4(3'/1'r);4(2'/1'r)/2'r; SR=75-80; %HR=85-90%	THR: 3(4'/1'r);3(3'/1'r);3(2'/1'r)/2'r; SR=75-80; %HR=85-90%	
	Sun	01/07/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 45'(3' leads) Technique; SR=65-70; %HR=75-85%	Richmond

**SUMMER 2018**

**Div 1-3 Paddlers**

**Div 4-7 Paddlers**

**Div 8-9 Paddlers**

27	Mon	02/07/18									
	Tue	03/07/18	77	77	77	SRP1: 14(2'2'r); SR=80-95; %HR=90-95%	SRP1: 12(2'2'r); SR=80-95; %HR=90-95%	SRP1: 10(2'2'r); SR=80-95; %HR=90-95%			
	Wed	04/07/18									
	Thu	05/07/18	80	80	80	SRP1: 10(1000m, 100m r); SR=80-95; %HR=90-95%	SRP1: 8(1000m, 100m r); SR=80-95; %HR=90-95%	SRP1: 6(1000m/100m r); SR=80-95; %HR=90-95%			
	Fri	06/07/18			78		SRP1: 10(3'3'r); SR=80-95; %HR=90-95%				
	Sat	07/07/18	76	76	76	SRP1: 5(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 3(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%			
	Sun	08/07/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 60'(3' leads) Technique; SR=65-70; %HR=75-85%			
28	Mon	09/07/18									
	Tue	10/07/18	86	86	86	SRP2: 12(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 10(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 8(500m/2'r); SR=90-105; %HR=90-95%			
	Wed	11/07/18									
	Thu	12/07/18	94	94	94	SRP2: 3(4'2'r);4(3'2'r);5(2'2'r);6(1'1'r); SR=90-105; %HR=90-95%	SRP2: 2(4'2'r);3(3'2'r);4(2'2'r);5(1'1'r); SR=90-105; %HR=90-95%	SRP2: (4'2'r);2(3'2'r);3(2'2'r);4(1'1'r); SR=90-105; %HR=90-95%			
	Fri	13/07/18			88		SRP2: 4(2'1'r x4)/3'r; SR=90-105; %HR=90-95%				
	Sat	14/07/18	87	87	87	SRP2: 5(2'2'r);5(1'1'r);5(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 4(2'2'r);4(1'1'r);4(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 3(2'2'r);3(1'1'r);3(30"/1'r); SR=90-105; %HR=90-95%			Royal Regatta
	Sun	15/07/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 45'(3' leads) Technique; SR=65-70; %HR=75-85%			
29	Mon	16/07/18									
	Tue	17/07/18	103	103	103	RP: 5(30",60",30",60",30"=r)/4'r; SR=95-115; %HR=95-100%	RP: 4(30",60",30",60",30"=r)/4'r; SR=95-115; %HR=95-100%	RP: 3(30",60",30",60",30"=r)/4'r; SR=95-115; %HR=95-100%			
	Wed	18/07/18									
	Thu	19/07/18	106	106	106	RP: 6(60",50",40",30",30", start every minute)/4'r; SR=95-115; %HR=95-100%	RP: 4(60",50",40",30",30", start every minute)/4'r; SR=95-115; %HR=95-100%	RP: 4(60",50",40",30",30", start every minute)/4'r; SR=95-115; %HR=95-100%			
	Fri	20/07/18			109		RP: 6(50"/10"r x6)/400m r; SR=95-115; %HR=95-100%				
	Sat	21/07/18	115	115	115	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>			BC3 H&H + Nationals Reading
	Sun	22/07/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 60'(3' leads) Technique; SR=65-70; %HR=75-85%			Nationals Reading
30	Mon	23/07/18									
	Tue	24/07/18	94	94	94	SRP2: 3(4'2'r);4(3'2'r);5(2'2'r);6(1'1'r); SR=90-105; %HR=90-95%	SRP2: 2(4'2'r);3(3'2'r);4(2'2'r);5(1'1'r); SR=90-105; %HR=90-95%	SRP2: (4'2'r);2(3'2'r);3(2'2'r);4(1'1'r); SR=90-105; %HR=90-95%			
	Wed	25/07/18									
	Thu	26/07/18	87	87	87	SRP2: 5(2'2'r);5(1'1'r);5(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 4(2'2'r);4(1'1'r);4(30"/1'r); SR=90-105; %HR=90-95%	SRP2: 3(2'2'r);3(1'1'r);3(30"/1'r); SR=90-105; %HR=90-95%			
	Fri	27/07/18			89		SRP2: 8(2'2'r); SR=90-105; %HR=90-95%				
	Sat	28/07/18	139	139	86	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SRP2: 8(500m/2'r); SR=90-105; %HR=90-95%			

**SUMMER 2018**

**Div 1-3 Paddlers**

**Div 4-7 Paddlers**

**Div 8-9 Paddlers**

	Sun	29/07/18	1	1	1	n/a: RACE; SR=var; %HR=99-100%	n/a: RACE; SR=var; %HR=99-100%	n/a: RACE; SR=var; %HR=99-100%	Southampton
31	Mon	30/07/18							
	Tue	31/07/18	32	32	32	CAP2: 5(12'2'r); SR=65-70; %HR=75-85%	CAP2: 4(12'2'r); SR=65-70; %HR=75-85%	CAP2: 3(12'2'r); SR=65-70; %HR=75-85%	
	Wed	01/08/18							
	Thu	02/08/18	40	40	40	CAP2: 12(5'1'r); SR=65-70; %HR=75-85%	CAP2: 10(5'1'r); SR=65-70; %HR=75-85%	CAP2: 8(5'1'r); SR=65-70; %HR=75-85%	
	Fri	03/08/18			41		CAP2: 2(4'1'r x6)/2'r; SR=65-70; %HR=75-85%		
	Sat	04/08/18	38	38	38	CAP2: 2(2',4',6',8',6',4',2'1'r)/4'r; SR=65-70; %HR=75-85%	CAP2: 2(2',4',6',6',4',2'1'r)/4'r; SR=65-70; %HR=75-85%	CAP2: 2(2',3',5',3',2'1'r)/4'r; SR=65-70; %HR=75-85%	
	Sun	05/08/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 60'(3' leads) Technique; SR=65-70; %HR=75-85%	
32	Mon	06/08/18							
	Tue	07/08/18	51	51	51	THR: (1',2',3',4',5',6',5',4',3',2',1'2'r); SR=75-80; %HR=85-90%	THR: (2',3',4',5',6',5',4',3',2'2'r); SR=75-80; %HR=85-90%	THR: (2',3',4',5',4',3',2'2'r); SR=75-80; %HR=85-90%	
	Wed	08/08/18							
	Thu	09/08/18	53	53	53	THR: 4(5'1'r);4(4'1'r);4(3'1'r); SR=75-80; %HR=85-90%	THR: 3(5'1'r);3(4'1'r);3(3'1'r); SR=75-80; %HR=85-90%	THR: 3(4'1'r);3(3'1'r);3(2'1'r); SR=75-80; %HR=85-90%	
	Fri	10/08/18			55		THR: 4(4'1'r);4(3'1'r);4(2'1'r); SR=75-80; %HR=85-90%		
	Sat	11/08/18	56	56	56	THR: 4(5'x3'1'r)/3'r; SR=75-80; %HR=85-90%	THR: 3(5'x3'1'r)/3'r; SR=75-80; %HR=85-90%	THR: 2(5'x3'1'r)/3'r; SR=75-80; %HR=85-90%	
	Sun	12/08/18	1	27	28	n/a: RACE; SR=var; %HR=99-100%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 60'(3' leads) Technique; SR=65-70; %HR=75-85%	Richmond
33	Mon	13/08/18							
	Tue	14/08/18	76	76	76	SRP1: 5(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 4(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%	SRP1: 3(5',3',1'1'r)/3'r; SR=80-95; %HR=90-95%	
	Wed	15/08/18							
	Thu	16/08/18	78	78	78	SRP1: 12(3'3'r); SR=80-95; %HR=90-95%	SRP1: 10(3'3'r); SR=80-95; %HR=90-95%	SRP1: 8(3'3'r); SR=80-95; %HR=90-95%	
	Fri	17/08/18			77		SRP1: 12(2'2'r); SR=80-95; %HR=90-95%		
	Sat	18/08/18	115	115	115	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	<b>RP: H&amp;H 6 or 4 miles; SR=95-100; %HR=95-100%</b>	BC3 H&H
	Sun	19/08/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 60'(3' leads) Technique; SR=65-70; %HR=75-85%	
34	Mon	20/08/18							
	Tue	21/08/18	86	86	86	SRP2: 12(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 10(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 8(500m/2'r); SR=90-105; %HR=90-95%	
	Wed	22/08/18							
	Thu	23/08/18	94	94	94	SRP2: 3(4'2'r);4(3'2'r);5(2'2'r);6(1'1'r); SR=90-105; %HR=90-95%	SRP2: 2(4'2'r);3(3'2'r);4(2'2'r);5(1'1'r); SR=90-105; %HR=90-95%	SRP2: (4'2'r);2(3'2'r);3(2'2'r);4(1'1'r); SR=90-105; %HR=90-95%	
	Fri	24/08/18			88		SRP2: 4(2'1'r x4)/3'r; SR=90-105; %HR=90-95%		
	Sat	25/08/18	1	1	87	n/a: RACE; SR=var; %HR=99-100%	n/a: RACE; SR=var; %HR=99-100%	SRP2: 3(2'2'r);3(1'1'r);3(30''1'r); SR=90-105; %HR=90-95%	Longridge
	Sun	26/08/18	27	27	28	CAP2: 90'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 75'(3' leads) Technique; SR=65-70; %HR=75-85%	CAP2: 45'(3' leads) Technique; SR=65-70; %HR=75-85%	





**SUMMER 2018**

**Div 1-3 Paddlers**

**Div 4-7 Paddlers**

**Div 8-9 Paddlers**

Tue	23/10/18	82	82	82	SRP1: 4(500m);3(750m);2(1000m) every 7'; SR=80-95; %HR=90-95%	SRP1: 4(500m);3(750m);2(1000m) every 7'; SR=80-95; %HR=90-95%	SRP1: 2(500m);2(750m);2(1000m) every 7'; SR=80-95; %HR=90-95%
Wed	24/10/18						
Thu	25/10/18	86	86	86	SRP2: 12(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 10(500m/2'r); SR=90-105; %HR=90-95%	SRP2: 8(500m/2'r); SR=90-105; %HR=90-95%
Fri	26/10/18		89			SRP2: 8(2'/2'r); SR=90-105; %HR=90-95%	
Sat	27/10/18	139	139	87	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SPE: Race Plan Practice; SR=Variable; %HR=Variable	SRP2: 3(2'/2'r);3(1'/1'r);3(30"/1'r); SR=90-105; %HR=90-95%
Sun	28/10/18	1	1	1	n/a: RACE; SR=var; %HR=99-100%	n/a: RACE; SR=var; %HR=99-100%	n/a: RACE; SR=var; %HR=99-100%

Banbury BST ends