



Short Track Speed Skating Mohawks Ice Racing Club

Autumn 2022 - Visual Calendar
Updated - 12th November



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31st October 2022	1st November 2022	2nd November 2022	3rd November 2022	4th November 2022	5th November 2022	6th November 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1700-1800 Arrive 1630 Speed Endurance 12 laps then 2 x (7,5,3 laps) plus Starts	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
7th November 2022	8th November 2022	9th November 2022	10th November 2022	11th November 2022	12th November 2022	13th November 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1900-2000 Arrive 1815 Speed Focus 12 laps + 8x2 laps plus Relay Competition Aldwych - Guildford	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
14th November 2022	15th November 2022	16th November 2022	17th November 2022	18th November 2022	19th November 2022	20th November 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises (If not competing)	European Masters Challenge Cup Sheffield	European Masters Challenge Cup Sheffield	Ice - 1800-1900 Arrive 1730 Flow and Recovery Build ups ; 6x7 laps; Relay
21st November 2022	22nd November 2022	23rd November 2022	24th November 2022	25th November 2022	26th November 2022	27th November 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1600-1700 Arrive 1515 Endurance 7x8 laps Plus Relay	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
28th November 2022	29th November 2022	30th November 2022	1st December 2022	2nd December 2022	3rd December 2022	4th December 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises (If not competing)		Ice - 1700-1800 Arrive 1615 Endurance 10,12,14,12,10 laps plus starts Competition Nottingham Open	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
5th December 2022	6th December 2022	7th December 2022	8th December 2022	9th December 2022	10th December 2022	11th December 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Suggested Off Ice Training Cardio - 30-60mins Run or Cycle	Ice - 1800-1900 Arrive 1730 Speed Endurance 2x (7,5,3 laps) plus starts
12th December 2022	13th December 2022	14th December 2022	15th December 2022	16th December 2022	17th December 2022	18th December 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1700-1800 Arrive 1615 Inside track - 2 x 3,3,3 R:90s - starts	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
19th December 2022	20th December 2022	21st December 2022	22nd December 2022	23rd December 2022	24th December 2022	25th December 2022
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises			Merry Christmas from MIRC
26th December 2022	27th December 2022	28th December 2022	29th December 2022	30th December 2022	31st December 2022	1st January 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises			Happy New Year from MIRC
2nd January 2023	3rd January 2023	4th January 2023	5th January 2023	6th January 2023	7th January 2023	8th January 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises (If not competing)		British Short Track Speed Skating Championships Sheffield	British Short Track Speed Skating Championships Sheffield
9th January 2023	10th January 2023	11th January 2023	12th January 2023	13th January 2023	14th January 2023	15th January 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises (If not competing)			