

## U19 A menu 2 (2017)

<b>01/02</b>	<b>01/03</b>	<b>01/04</b>	<b>01/05</b>	<b>01/06</b>	<b>01/07</b>	<b>01/08</b>
20km B1	20km B2	ski camp				
C1 (6x6)						
<b>01/09</b>	<b>01/10</b>	<b>01/11</b>	<b>01/12</b>	<b>01/13</b>	<b>01/14</b>	<b>01/15</b>
ski camp						off
<b>01/16</b>	<b>01/17</b>	<b>01/18</b>	<b>01/19</b>	<b>01/20</b>	<b>01/21</b>	<b>01/22</b>
off	15km B1	20km B2	15km B1	20km B1	20km B2	20km B1
	C1 (6x6)	15km B1		C1 (6x6)	15km B1	
<b>01/23</b>	<b>01/24</b>	<b>01/25</b>	<b>01/26</b>	<b>01/27</b>	<b>01/28</b>	<b>01/29</b>
20km B2	20km B1	off	off	20km B1	C1 tests max	20km B2
C1 (6x6)					15km B1	
<b>01/30</b>	<b>01/31</b>	<b>02/01</b>	<b>02/02</b>	<b>02/03</b>	<b>02/04</b>	<b>02/05</b>
off	15km B1	20km B1	B2 ergo (2x30')	20km B1	C2 x3	20km B2
	C2 x2				15km B1	
<b>02/06</b>	<b>02/07</b>	<b>02/08</b>	<b>02/09</b>	<b>02/10</b>	<b>02/11</b>	<b>02/12</b>
off	C2 x3	20km B1	B2 ergo (2x30')	20km B1	C2 x3	
						15km B1
<b>02/13</b>	<b>02/14</b>	<b>02/15</b>	<b>02/16</b>	<b>02/17</b>	<b>02/18</b>	<b>02/19</b>
20km B2	15km B1	20km B1	B2 ergo (2x30')	20km B1	3 C2	off
	C2 x3		15km B1	15km B1		
<b>02/20</b>	<b>02/21</b>	<b>02/22</b>	<b>02/23</b>	<b>02/24</b>	<b>02/25</b>	<b>02/26</b>
off	15km B1	15km B1	C2 x3	off	20km B1	20km B2
<b>02/27</b>	<b>02/28</b>	<b>03/01</b>	<b>03/02</b>	<b>03/03</b>	<b>03/04</b>	<b>03/05</b>
off	15km B1	20km B1	20km B2	20km B1	C2 x3	20km B1
	C2 x3		15km B1		15km B1	
<b>03/06</b>	<b>03/07</b>	<b>03/08</b>	<b>03/09</b>	<b>03/10</b>	<b>03/11</b>	<b>03/12</b>
off	15km B3 (2x10')		15km B4 (24-28-32)	15km B6 (6x10)	15km B5 2x500m	12km 6x10cps
		15km B1				
<b>03/13</b>	<b>03/14</b>	<b>03/15</b>	<b>03/16</b>	<b>03/17</b>	<b>03/18</b>	<b>03/19</b>
12km B5 1x500m	2k select	15km B1	off	20km B1	C2 x3	20km B1
	small boats				15km B1	
<b>03/20</b>	<b>03/21</b>	<b>03/22</b>	<b>03/23</b>	<b>03/24</b>	<b>03/25</b>	<b>03/26</b>
off	20km B2	20km B1	15km B3 (2x10')	15km B1	15km B4 (24-28-32)	15km B6 (6x10)
	15km B1			12km B6 (6x10)		
<b>03/27</b>	<b>03/28</b>	<b>03/29</b>	<b>03/30</b>	<b>03/31</b>	<b>04/01</b>	<b>04/02</b>
15km B5 2x500m	12km B6 (6x10)	12km B5 1x500m				
			JPN Small Boats selections			