

U19 B menu 2 (2017)

01/02	01/03	01/04	01/05	01/06	01/07	01/08
off	20km B1	C1 (6x6)	20km B1	B2 ergo (2x25')	15km B1	20km B2
					C1 (6x6)	
01/09	01/10	01/11	01/12	01/13	01/14	01/15
off	15km B1	20km B1	B2 ergo (2x30')	15km B1	20km B1	20km B2
	C1 (6x6)			C1 (6x6)		
01/16	01/17	01/18	01/19	01/20	01/21	01/22
off	15km B1	20km B2	off		20km B2	20km B1
	C1 (6x6)			15km B1+C1 (6x6)	15km B1	
01/23	01/24	01/25	01/26	01/27	01/28	01/29
20km B2	20km B1	off	off	20km B1	C1 tests max	20km B2
C1 (6x6)					15km B1	
01/30	01/31	02/01	02/02	02/03	02/04	02/05
off	C2 x2	20km B1	B2 ergo (2x30')	20km B1	C2 x3	20km B2
					15km B1	
02/06	02/07	02/08	02/09	02/10	02/11	02/12
off	C2 x3	20km B1	B2 ergo (2x30')	20km B1	C2 x3	20km B1
02/13	02/14	02/15	02/16	02/17	02/18	02/19
20km B2	C2 x3	20km B1	B2 ergo (2x30')	20km B1	3 C2	off
			15km B1			
02/20	02/21	02/22	02/23	02/24	02/25	02/26
off	15km B1	15km B1	C2 x3	off	20km B1	20km B2
02/27	02/28	03/01	03/02	03/03	03/04	03/05
off	15km B1	20km B1	20km B2	20km B1	C2 x3	20km B1
	C2 x3		15km B1			
03/06	03/07	03/08	03/09	03/10	03/11	03/12
off	15km B3 (2x10')	12km B6 (6x10)	15km B4 (24-28-32)	15km B6 (6x10)	15km B5 2x500m	12km 6x10cps
03/13	03/14	03/15	03/16	03/17	03/18	03/19
12km B5 1x500m	2k select	15km B1	off	20km B1	C2 x3	20km B1
	small boats					
03/20	03/21	03/22	03/23	03/24	03/25	03/26
off	20km B2	15km B1	15km B3 (2x10')	12km B6 (6x10)	15km B4 (24-28-32)	15km B6 (6x10)
03/27	03/28	03/29	03/30	03/31	04/01	04/02
15km B5 2x500m	12km B6 (6x10)	12km B5 1x500m				
			JPN Small Boats selections			