

# U23 plan 2

## 1月 ski camp まで

|                         |                     |                   |                     |              |                   |                      |
|-------------------------|---------------------|-------------------|---------------------|--------------|-------------------|----------------------|
| <b>11/27</b>            | <b>11/28</b>        | <b>11/29</b>      | <b>11/30</b>        | <b>12/01</b> | <b>12/02</b>      | <b>12/03</b>         |
| off                     | 20km B1             | C2 x3             | 20km B2 (2x30'ergo) | 20km B1      | 15km B6 (8x15str) | 15km ergo B2 (2x20') |
|                         |                     | 15km B1           |                     |              |                   |                      |
| <b>12/04</b>            | <b>12/05</b>        | <b>12/06</b>      | <b>12/07</b>        | <b>12/08</b> | <b>12/09</b>      | <b>12/10</b>         |
| B4 ergo 15km            | 15km B1             | 15km B6 (6x10str) | B5 ergo 2x500       | 15km B1      | 12km B5 1x500     | 2k ergo test         |
|                         |                     |                   |                     |              |                   |                      |
| <b>12/11</b>            | <b>12/12</b>        | <b>12/13</b>      | <b>12/14</b>        | <b>12/15</b> | <b>12/16</b>      | <b>12/17</b>         |
| 15km B1                 | 20km B2 (2x30'ergo) | C2 x3             | 20km B1             | 15km B1      | 20km B1           | 20km B2 (2x30)       |
|                         | 15km B1             |                   | 15km B1             | C2 x3        |                   |                      |
| <b>12/18</b>            | <b>12/19</b>        | <b>12/20</b>      | <b>12/21</b>        | <b>12/22</b> | <b>12/23</b>      | <b>12/24</b>         |
| 20km B2 (2x30'ergo)     | C2 x3               | 20km B1           | 15km B1             | 20km B1      | 20km B2 (2x30')   | off                  |
| 15km B1                 |                     | 15km B1           | C2 x3               |              |                   |                      |
| <b>12/25</b>            | <b>12/26</b>        | <b>12/27</b>      | <b>12/28</b>        | <b>12/29</b> | <b>12/30</b>      | <b>12/31</b>         |
| off                     | 15km B1             | 15km B1           | 20km B2 (2x30'ergo) | 15km B1      | 15km B1           | 20km B2 (2x30')      |
|                         | C1 (6x6)            |                   | C1 (6x6)            |              | C1 (6x6)          |                      |
| <b>01/01</b>            | <b>01/02</b>        | <b>01/03</b>      | <b>01/04</b>        | <b>01/05</b> | <b>01/06</b>      | <b>01/07</b>         |
| off                     | 15km B1             | 20km B1           | 20km B2 (2x30'ergo) | 20km B1      | 15km B1           | 20km B2 (2x30')      |
|                         | C1 (6x6)            |                   | C1 (6x6)            |              | C1 (6x6)          |                      |
| <b>01/08</b>            | <b>01/09</b>        | <b>01/10</b>      | <b>01/11</b>        | <b>01/12</b> | <b>01/13</b>      | <b>01/14</b>         |
| off                     | 15km B1             | 20km B1           | 20km B2 (2x30'ergo) | 20km B1      | 15km B1           | 20km B2 (2x30')      |
|                         | C1 (6x6)            |                   | C1 (6x6)            |              | C1 (6x6)          |                      |
| <b>01/15</b>            | <b>01/16</b>        | <b>01/17</b>      | <b>01/18</b>        | <b>01/19</b> | <b>01/20</b>      | <b>01/21</b>         |
| ski camp C1 + Max tests |                     |                   |                     |              |                   |                      |
| <b>01/22</b>            | <b>01/23</b>        | <b>01/24</b>      | <b>01/25</b>        | <b>01/26</b> | <b>01/27</b>      | <b>01/28</b>         |
| ski camp                |                     |                   | off                 | 15km B1      | 20km B1           | 20km B2 (2x30')      |
|                         |                     |                   |                     | C2 x2        |                   |                      |