

**Seniors 2019**  
**Menu 4**  
**WCh Linz**

<b>05/13</b>	<b>05/14</b>	<b>05/15</b>	<b>05/16</b>	<b>05/17</b>	<b>05/18</b>	<b>05/19</b>
off	off	15km B1	15km B1	20km B2	12km B6 (6x10)	15km B4 (24-28-32)
				free	12km B1	
<b>05/20</b>	<b>05/21</b>	<b>05/22</b>	<b>05/23</b>	<b>05/24</b>	<b>05/25</b>	<b>05/26</b>
16km B6 (6x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m			
	12km B1 / free		8km B1 / free	All Japan Championship		
<b>05/27</b>	<b>05/28</b>	<b>05/29</b>	<b>05/30</b>	<b>05/31</b>	<b>06/01</b>	<b>06/02</b>
off	15km B1	20km B1	20km B1	20km b2	C2 x3	20km B1
		C2 x2		free	15km B1	
<b>06/03</b>	<b>06/04</b>	<b>06/05</b>	<b>06/06</b>	<b>06/07</b>	<b>06/08</b>	<b>06/09</b>
20km B2	C2 x3	20km B1	20km B2	20km B1	Tase Lake camp	2k race
		15km B1	15km B1		16km B5 1x500	15km B6
<b>06/10</b>	<b>06/11</b>	<b>06/12</b>	<b>06/13</b>	<b>06/14</b>	<b>06/15</b>	<b>06/16</b>
2k race	20km B1	20km B1	20km B2	C2 x3	20km B1	20km B2
	free	15km B1		15km B1	20km B1	
<b>06/17</b>	<b>06/18</b>	<b>06/19</b>	<b>06/20</b>	<b>06/21</b>	<b>06/22</b>	<b>06/23</b>
C2 x4	20km B1	20km B2	C2 x4	20km B1	20km B2	20km B2
15km B1	free		20km B1	15km B6		16km B1
<b>06/24</b>	<b>06/25</b>	<b>06/26</b>	<b>06/27</b>	<b>06/28</b>	<b>06/29</b>	<b>06/30</b>
20km B1	16km B3 (3x2000m)	off	free	20km B1	C2 x3	20km B2
16km B6 (6x10)					20km B1	
<b>07/01</b>	<b>07/02</b>	<b>07/03</b>	<b>07/04</b>	<b>07/05</b>	<b>07/06</b>	<b>07/07</b>
20km B1	C2 x3	16km B3 (3x2000m)	20km B1	15km B4 (24-28-32)	JPN - NED	
15km B6	20km B1		15km B1 / free			12km B1
<b>07/08</b>	<b>07/09</b>	<b>07/10</b>	<b>07/11</b>	<b>07/12</b>	<b>07/13</b>	<b>07/14</b>
16km B6 (6x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m			
	12km B1		8km B1	WC3 Rotterdam		