

**Seniors 2019**  
**Menu 5**  
**WCh Linz**

<b>07/15</b>	<b>07/16</b>	<b>07/17</b>	<b>07/18</b>	<b>07/19</b>	<b>07/20</b>	<b>07/21</b>
off	Mountain or bike	bike	15km B1	20km B1	C2 x3	20km B2
					15km B1	15km B1 / free

<b>07/22</b>	<b>07/23</b>	<b>07/24</b>	<b>07/25</b>	<b>07/26</b>	<b>07/27</b>	<b>07/28</b>
20km B1	C2 x3	20km B2	20km B1	C2 x4	20km B2	20km B1
	20km B1	15km B1 / free		15km B1	15km B1 / free	

<b>07/29</b>	<b>07/30</b>	<b>07/31</b>	<b>08/01</b>	<b>08/02</b>	<b>08/03</b>	<b>08/04</b>
C2 x4	20km B2	20km B1	20km B2	20km B3 3x2k	20km B1	C2 x3
	15km B1 / free		20km B1	15km B1 / free		15km B1

<b>08/05</b>	<b>08/06</b>	<b>08/07</b>	<b>08/08</b>	<b>08/09</b>	<b>08/10</b>	<b>08/11</b>
20km B1	20km B2	20km B1	20km B3	20km B1	20km B2 2x25'	16km B4
	12km B6			15km B1 / free		

<b>08/12</b>	<b>08/13</b>	<b>08/14</b>	<b>08/15</b>	<b>08/16</b>	<b>08/17</b>	<b>08/18</b>
16km B6 (6x10)	16km B5 2x500m	16km B6 (6x10)	12km B5 1x500m	2000m test	15km B1	FRA - AUT
	12km B1		8km B1 / free	15km B1 / free		

<b>08/19</b>	<b>08/20</b>	<b>08/21</b>	<b>08/22</b>	<b>08/23</b>	<b>08/24</b>	<b>08/25</b>
16km B1	16km B2 2x20'	16km B6 (6x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m	
	12km B1		free		free	

<b>08/26</b>	<b>08/27</b>	<b>08/28</b>	<b>08/29</b>	<b>08/30</b>	<b>08/31</b>	<b>09/01</b>
<b>WC Linz 2019</b>						

<b>09/02</b>	<b>09/03</b>	<b>09/04</b>	<b>09/05</b>	<b>09/06</b>	<b>09/07</b>	<b>09/08</b>
recovery / NO BOAT ! / other sports ok(B1&B2) / C1 ok						

<b>09/09</b>	<b>09/10</b>	<b>09/11</b>	<b>09/12</b>	<b>09/13</b>	<b>09/14</b>	<b>09/15</b>
recovery / NO BOAT ! / other sports ok(B1&B2) / C1 ok						