

# Seniors 2020 Menu 1

<b>09/30</b>	<b>10/01</b>	<b>10/02</b>	<b>10/03</b>	<b>10/04</b>	<b>10/05</b>	<b>10/06</b>
15km B1	12km B5 1x1000m	16km B6 (6x6)	12km B5 1x500m			
	free		free	National Sport Festival		
<b>10/07</b>	<b>10/08</b>	<b>10/09</b>	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>	<b>10/13</b>
	off	15km B1	20km B1	16km B2 (2x20'ergo)	20km B1	off
				free		
<b>10/14</b>	<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>	<b>10/20</b>
C2 x2	20km B1	20km B2	20km B6	18km B2 (2x25'ergo)	20km B1	20km B2
See Forest camp						
<b>10/21</b>	<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>	<b>10/27</b>
off	C2 x3	20km B1	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B2 (2x30')
	free B1		15km B1		free B1	
<b>10/28</b>	<b>10/29</b>	<b>10/30</b>	<b>10/31</b>	<b>11/01</b>	<b>11/02</b>	<b>11/03</b>
off	C2 x3	20km B1	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B2
	free B1		15km B1		free B1	
<b>11/04</b>	<b>11/05</b>	<b>11/06</b>	<b>11/07</b>	<b>11/08</b>	<b>11/09</b>	<b>11/10</b>
off		C2 x3	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B2 (2x30')
	15km B1 settings	15km B1	20km B1		B1 free	15km B1
<b>11/11</b>	<b>11/12</b>	<b>11/13</b>	<b>11/14</b>	<b>11/15</b>	<b>11/16</b>	<b>11/17</b>
20km B1	C2 x3	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B2 (2x30')	20km B1
	15km B1	20km B1		20km B1	15km B1/ free	
<b>11/18</b>	<b>11/19</b>	<b>11/20</b>	<b>11/21</b>	<b>11/22</b>	<b>11/23</b>	<b>11/24</b>
16km B2 2x20'	15km B4(3k sr30)	16km B1	15km B6 (6x10)	12km B5 1x500m	6k of Ara	15km B1
	free		free			
<b>11/25</b>	<b>11/26</b>	<b>11/27</b>	<b>11/28</b>	<b>11/29</b>	<b>11/30</b>	<b>12/01</b>
off	20km B1	15km B1	B5 ergo 2x 1000m	15km B1	12km B5 1x500	2k ergo test
				free		