

04/12	05/12	06/12	07/12	08/12	09/12	10/12
90' B1	JISS test	90' B1	45' B1 2x30' B2 ergo	90' B1	C2 x3	100' B1
	B1 free	45' - 70' B1		Core	45' - 70' B1	

11/12	12/12	13/12	14/12	15/12	16/12	17/12
45' B1	90' B1	90' B1	80' B1	B5 1000m+750m (5' rest) 2k test speed	45' - 70' B1	45' B1
2x30' B2 ergo						B5 1x500m
45' - 70' B1	Core		B6 (6x10)		45' B1 + B6 (6x10)	free

18/12	19/12	20/12	21/12	22/12	23/12	24/12
2K ergo	45' - 60' B1	2k RP3	B1 free			
free	B1 free					