

2023 06月 07月 WC2 WC3

29/05	30/05	31/05	01/06	02/06	03/06	04/06
free	30' B1	30' B1	30' B1	30' B1	30' B1	90' B1
	C2 x3	90' B1	3x2k (sr22/24/26)	2x30' B2	C2 x3	
	60' B1 / 45' B1	off	70' B1 - Core	45' B1 + B6 6x10	60' B1	off

05/06	06/06	07/06	08/06	09/06	10/06	11/06
30' B1	30' B1	30' B1	30' B1	90' B1	30' B1	30' B1
90' B1	3x2k (sr24/26/28)	2x30' B2	C2 x3		70' B1 + 6x10	B4 2k
45' B1 + B6 6x10	off	70' B1	60' B1	core	off	B1 free

12/06	13/06	14/06	15/06	16/06	17/06	18/06
30' B1	30' B1	12km 6x10	B5 1x500m (race pace)	WC2 Varese		
60' B6 (6x10)	B5 2x500m	FRA - ITA		free		
off	B1 free					

19/06	20/06	21/06	22/06	23/06	24/06	25/06
off	90' B1	30' B1	30' B1	30' B1	30' B1	2x30' B2
		2x30' B2	100' B1	C2 x3	110' B1	
	off	B1 free Core	off	90' B1	B1 free Core	

26/06	27/06	28/06	29/06	30/06	01/07	02/07
45' B1	45' B1	100' B1	45' B1	30' B1	70' B1 + 6x10	30' B1
90' B1	3x2k (sr22/24/26)		C2 x3	90' B1		B4 2k
45' B1 + B6 6x10	core	off	60' B1	core	off	B1 free

03/07	04/07	05/07	06/07	07/07	08/07	09/07
30' B1	30' B1	12km 6x10	B5 1x500m (race pace)	WC3 Lucerne		
60' B6 (6x10)	B5 2x500m	FRA - SUI		free		
off	B1 free					