

21/08	22/08	23/08	24/08	25/08	26/08	27/08
12km B1 6x10	30' B1	2k	90' B1	off		B1 free
	B5 1x500m					
	free	B1 free				

28/08	29/08	30/08	31/08	01/09	02/09	03/09
B1 free				45' B1	45' B1	45' B1
				B1 ergo 2x 45'	ergo 2x30' B2	B1 ergo 2x 45'
			Lactate 30' B1	45' B1 + B6(6x10)		

04/09	05/09	06/09	07/09	08/09	09/09	10/09
45' B1	45' B1	60' B1	30' B1	30' B1	12km B1 6x10	30' B1
C2 x3	B1 ergo 2x 45'		B5 6x250m	B4 2k		B5 2x500m
B1 free	45' B1 + B6(6x10)		B1 free			B1 free

11/09	12/09	13/09	14/09	15/09	16/09	17/09
12km B1 6x10	30' B1	30' B1	70' B1	8+ 90' B1	Flight	settings + 12km B1
	B5 1x500m	1,5k				
	free					8km B1

18/09	19/09	20/09	21/09	22/09	23/09	24/09
12km 6x10	30' B1					
	B5 1x500m					
8km B1 8+	free	Asian Games				