

30/10	31/10	01/11	02/11	03/11	04/11	05/11
Settings + B1 60'	100' B1	100' B1	100' B1	2x30' B2	100' B1	100' B1
80' B1	80' B1	C2 x3	60' B1	80' B1	C2 x3	

06/11	07/11	08/11	09/11	10/11	11/11	12/11
off	80' B1	80' B1	2x30' B2	80' B1	off	2x30' B2
	C2 x3			C2 x3		

13/11	14/11	15/11	16/11	17/11	18/11	19/11
Settings + B1 60'	JISS test	100' B1	45' B1	100' B1	100' B1	45' B1
			2x30' B2			
80' B1		off	60' B1 free	C2 x3	45' B1 + B6 (6x10)	60' B1

20/11	21/11	22/11	23/11	24/11	25/11	26/11
90' B1	45' B1	45' B1	90' B1	B5 1x500m	Arakawa TT	B1 free
	3km sr30	45' B1 + B6 (6x10)				
Core	B1 free	free	off	free		