

04/12	05/12	06/12	07/12	08/12	09/12	10/12
JISS test	B1 / C2 x3	45' B1	100' B1	C2 x3	45' B1	100' B1
		2x30' B2			3x20' B2	
settings + 60' B1	45' - 80' B1		Core	80' B1		

11/12	12/12	13/12	14/12	15/12	16/12	17/12
C2 x3	45' B1	100' B1	C2 x3	45' B1	100' B1	B5 2x1000m(5' rest) 2k test speed
	2x30' B2			3x20' B2		
90' B1	Core		90' B1	Core	45' B1 + B6 (6x10)	free

18/12	19/12	20/12	21/12	22/12	23/12	24/12
90' B1	45' B1	2K ergo	45' - 60' B1	5k ergo	B1 free	B1 free
	B5 1x500m					
45' B1 + B6 (6x10)	free	free	B1 free	B1 free		