

Senior 1月 2024

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	off / free	
	B5 1x500m					
45' B1 + B6 (6x10)	free	free	B1 free	B1 free		

25/12	26/12	27/12	28/12	29/12	30/12	31/12
B1 / C1 free						

01/01	02/01	03/01	04/01	05/01	06/01	07/01
B1 / C1 free			C2 x3	B1 / C1 free		off

08/01	09/01	10/01	11/01	12/01	13/01	14/01
	100' B1	45' B1	C2 x3	100' B1	45' B1	C2 x3
		2x30' B2			2x30' B2 ergo	
60' B1 ergo Lactates + settings	Core	B1 free	90' B1	Core	45' B1 + B6 (6x10)	

15/01	16/01	17/01	18/01	19/01	20/01	21/01
110' B1	45' B1	C2 x4	110' B1	45' B1	120' B1	off
	2x30' B2			2x30' B2 ergo		
Core	45' B1 + B6 (6x10)		Core	B1 free		

22/01	23/01	24/01	25/01	26/01	27/01	28/01
45' B1	C2 x4	120' B1	120' B1	45' B1	90' B1	2k B4 24/28/32
2x30' B2 ergo				3x2k (sr24/26/28)		
B1 free	B1 free	Core	45' B1 + B6 (6x10)			B1 free

29/01	30/01	31/01	01/02	02/02	03/02	04/02
90' B1	90' B1	B5 2x1000m(5' rest) 2k test speed	90' B1	30' B1 free	2k test	B1 free
		free		B5 1x500m		
		free	45' B1 + B6 (6x10)	free		